

DELIGHTES
for Ladies, to adorn
their Persons, Tables, clo-
sets, and distilla-
tories :

WITH
Beauties, banquets, perfumes
and Waters.
Reade, practice, and censure.



AT LONDON,
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A. Hyatt

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To all true Louers of Arte and knowledge.

Sometimes I write the formes of burning bales,
Supplying wats that were by woodfals wrought:
Sometimes of tubs defended so by arte,
As fire in vaine hath their destruction songher.
Sometimes I write of lasting Bewerage,
Great Neptune and his pilgryms to contente:
Sometimes of food, sweet, frish, and durable,
To maintaine life, when all things els were spewe:
Sometimes I write of sundrie sortes of soile,
Which neither Ceres nor her handmades knew,
I write to all, but scarsly one beleeveth,
Saue Diue and Denshire, who have found the true,
When heauens did moue in cloudie mantles clad,
And threatened famine to the sonnes of men:
When sobbing earth denied her kindly fruit
To painfull ploughmen and his hindes: euenthem
I write relieving remedies of dраст,
That oft might helpe where nature made a faille.
But all in vaine, these new borne babes of Arte,
In their untimely birth straight way do quale.

THE EPISTLE.

Of those and such like other new found skilz,
With painefull pen I whilome wrote at large,
Expecting still my countries good therein,
And not respecting labouer, time or charge:
But now my pen and paper are per sum'd,
I scorne to write with coppres, or with gal'.
Barbarian canes are now become my quills,
Rosewater is the inke I write withall:
Of sweetes the sweetest I will now commend,
To sweetest creatures that the earth doth bear:
These are the Saincts to whom I sacrifice
Preserves and conserues both of plum and pear.
Empaling now a lieu, tush marchpane wals
Are strong enough, and best befits our age:
Let pearting bulles turne to sugarbals,
The Spanish feare is hush'd and all their rage.
Of marmelade and pastes of Gemma,
Of musked sugar I intend to wright's
Of Leach, of Stcket, and Quidinie,
Affording to each Ladie her delight.
I teach both frases and flowers to preserue,
And candie them so Nutmeggs, cloves, and mace,
To make both marchpane pastes, and sugred plase,
And cast the same in formes of sweetest grace,
Each bird and foul so moulded from the life,
And afer cast in sweete compound, of arte,
As if the fleshe and forme which nature gaue,

Did

THE EPISTLE I.

Did still remaine in ewerie lym and part,
When crystall frostes haue nipt the tender grape,
And cleane conuert a chefruits of ewerie nine,
Yet heere behold the clusters fresh and faire,
Fed from the branch, or hanging on the tree,
The walnut, small nut, and the chestnut sweete,
Whose sugred kerne's lose their pleasing taste,
And heere from yeere to yeere preserved,
Are made by arte with strongest fruits to last:
Th' artichoke, and the Appie of such strenght,
The Quince, the Pomegranate, with the Barbery,
No sugar vs'd, yet colour, taste and smell,
Are heere maintain'd and kept most naturally,
For Ladies closets and their stillatories.
Both waters, ointments and sweet smelling bals,
In easie termes without affected speech,
I heere present most ready at their cals.
And least with carelesse pen I should omit
The wrongs that nature on their persons wrought
Or parching sun with his hot firy rayes,
For these likewise relieving meanes I sought.
No idle thoughts, nor vaine surmised skyls,
By fancie framde within a theoriue braine,
My Muse presents vnto your sacred eares:
To win your fauours falsly I disdaine.
From painefull practise, from experiance,
A sound, though costly mysterie I derive:

THE EPISTLE.

With firie flames in scorching Vulcans forge,
To each and fine each secrete I do strike.
Accept them well, and let my wearied Muse
Repose her selfe in ladies laps awhile.
So when she wakes, she happily may record
Her sweetest dreames in some more pleasing file.

H. Plat.

THE

E.P.

THE TABLE.

Good Reader, for the understanding of this
Table, know that a, b, c, d, do give dire-
ctions unto the four severall partes, or trea-
ties of this Booke: (a) for the first, the rest in
their order.

A

Nula Campana rootes preserued.	
Almonds in Leach	a, 1
Almond butter to make	a, 27
Almonds into gelly	a, 57
Alliger distilled	b, 16
Apples kept drie all the yeare	a, 47
Aquarubea	b, 7
Aqua composita of D. Steuens	b, 8
Artichokes kept long.	a, 69

B

Bags sweet to lie amongst liens	d, 33
Ball to take out staines	d, 3
Ball to wash with	d, 3
Balme water	b, 5
Beaumanger	c, 11
Beefe roasted kept long.	c, 18

THE TABEL

Beefe powdered kept longe without charge.	c, 19
Beefe fresh at the sea.	c, 20
Beautie for the face	d, 7, 14
Bisket bread, or French bisket	a, 19
Bisket called prince bisket	a, 20
Bisket called biskettello	a, 21
Bloud of hearbs	b, 22
Borage candied.	a, 11
Botling of beere truelie	c, 27
Bottles mustie helped	c, 28
Bottle ale most excellente	c, 32
Brawne to eate tender and delicate	c, 13
Broome capers preserued	a, 37
Broyling without smoke	c, 26
Bruise helped	d, 24
Butter tasting off spice or flowers.	a, 21

Cakes sweete without spice or sugar

	a, 6
Candyng offlowers.	a, 9, 53,
Candyng in rocke candie.	a, 33, 42
Candyng of Orange pilles,	a, 33
Candles for Ladies tables	c, 39
Candles hanging in the aire	c, 40
Capers of broome preserued	a, 37
Capon boyled in white broth.	c, 5

210011

Calting

THE TABLE.

Casting in sugar plat,	No mazzilla	a, 13
Casting of sugar in party moulds,	a,	43
Casting and moulding of fruit	a	44
Cherries preserued		a, 8
Cherie pulp kept drie al the yeere.	a,	45
Cheries dried in the sunne.	a,	46
Cheese extraordinarie	w mazzilla	c, 22
Chefnuts kept long	20001 ognia	a, 73
Chilblanes helped	10000 to 1000	a, 13
Chine of veale or chicken boyled.	c,	10
Cinamon water		b, 10
Collis white and like gellie		a, 55
Comfits of all sorts	10000 to 1000	a, 34
Conserue of Prunes or dasons	a, 50, 52	
Conserue of strawberries	stabam	a, 31
Cowcumbers preserued	10000	a, 36
Cowslep paste.		a, 40
Cowslep water of vinegar of the color of the cowslep.	10000 to 1000	a, 34
Crayfish kept long	10000 to 1000	c, 31
Creame clowded.	10000 to 1000	c, 23
D Amaske powder	bellic robinet	d, 19
Damsons in marmelade		a, 31
Damson pulpe kept all the yeare.		a, 45
Damsons in conserue	10000 to 1000	a, 50, 52
Dentifrices for the teeth,	10000 to 1000	d, 26
WOT	A 5	Distil-

THE TABLE.

- Distillation of hearbs in a new maner b, 11
Drying of fruities in the sun a, 46

E

- E Glantine water b, 20
E Eringo rootes preserued a, 1
Extract of vegetables b, 19

F

- F Ace spotted or freckled to help, d, 6
Face made faire d, 7, 14
Face full of heate, helped d, 11, 16
Face kept white and cleare d, 12
Fish into paste c, 14
Fish fried kept long c, 17
Flesh kept sweet in summer c, 24
Flies kept from oile peeces, c, 30
Flounder boiled on the French fashio
Flowers preserved c, 3
Flowers candied a, 7
Flowers in rocke candie a, 42
Flow-

THE TABLE.

Flowers dried without wrinkling,	2,63
Fruit preserued	2,8
Fruit how to mould and cast	2,44
Fruit kept drie all the yeare,	2,45, 46, 47
Fruit kept long fresh.	2,70

Gelly or adnas H

Lyold blosy or adnas H

Gelly crystalline	2,26
Gelly of fruits	2,29
Gelly of Almonds	2,58
Gillowflowers kept long	2,61
Gillowflowers preserued	2,7
Gilliflower water	b,20
Gingerbread	2,22
Gingerbread drie	2,23
Ginger in rocke candie	2,33,42
Ginger greene in sirup.	2,49
Ginger candied	2,53
Gloves to perfume	d,34
Gooseberries preserued	2,8
Grapes growing all the yeere	2,62
Grapes kept till Easter.	2,64

H

H Andwater excellente	d,2,38
H Hands stained to helpe	d,5

Handes

THE TABLE.

Hands freckled to helpe	d. 5
Hand water of Scotland	b, 21
Hassel nuts kept long	a, 72
Haire blacke altered	d, 30, 37
Haire made yellow	d, 36
Herbs distilled in a new manner,	b, 11
Hearbs to yeeld salt	b, 12
Hearbes to yeeld bloud	b, 22
Honey to yeeld spirit	b. 13

I

Irish Aqua vitæ.	b, 9
Istop distilled in a new manner.	b, 11
Juyce of Orenge or lemmon kept all the yeare.	c. 35
Jumbolds to make	a. 16
Lambeth water	
Arkes to boyte	c. 4
Lauender distilled in a newe man- ner	b, 11
Leach of Almons	a, 27
Leach	a, 59
Leg of mutton boyled after the French fashion	c. 7
Lem-	

THE TABLE.

Lemmons in Marmela	e	a,41
Lemmon moulded and cast		2,44
Lemmon iuice kept all the yecre	c,35	
Lettuce in fucket		2,32
Liquerice pastē		2,40
Lobsters kept long		c,31

M

M Ace in rocke candie		2,42
Mallard to boyle		c,6
Marchpane pastē		2,12,18
Marigolds preserued		3,7
Marigolds candied		a,9,11
Marigold pastē		2,40
Marmelade of Quinces or Damsons		a,30
Marmelade of Lemmons or Orentes		
Maydewe clarified		a,41
Morphew helped		2,33
Mulberries in gellie		d,21,22
Muske sugar		2,2
Mustard meale		c,35
Mustiness helped or prevented in wa-		
ters.		b,34
		Nut-

THE TABLE.

N

N utmegs in rocke candie,	2,33,42
Nutmegs candied	2,53
Nuts molded and cast off	2,44
Nuts kept long	2,72

O

O ranges preserued,	2,34
Orange pilles candied	2,35
Oranges in marmelade	2,41
Orange molded and cast off	2,44
Orange iuice kept all the yccere	2,35
Oysters kept long.	2,15

P

P aste of flowers	2,14,40
P aste of Nouic	2,15
Paste to keep one moist	2,17
Paste called pust paste	2,24
Paste short without butter	2,23
Paste of Genua of Quinces	2,30
Paste of fish	2,14
Pearc molded and cast off	2,44
Pearcs	

THE TABLE.

Peares kept drie	a,47
Perfumes delicate, and sodainly made	d,31
Perfuming of gloves	d,34
Pickerel boiled on the frēch fashiō	c,3
Pigions of sugar paste	a,10
Pigions boyled with Rice	c,9
Pig to sowse	" c,1,2
Pigs petitoes boyled after the French fashion	c,8
Plums preserued	a,8
Plums dried in the sunne	a,46
Pomander to make	d,4
Pomander renewed	d,32
Pomatū most excellēt for the face.	d,13
Pomgranats kept long	2,68
Preseruing of Roots	2,1
Preseruing of Cowcumbers	a,36
Prunes in conserue	a,50,52
Pulpe of fruite kept all the yeare,	a, 45

Q.

Q Vidinia of Quinces	a,28
Q Quinces into past of Genua,	a,30
Quinces in marmelade	a,38
Quinces kept drie all the yeere	a,47
Quinces	

THE TABLE.

Quinces kept long a, 67

Quince jam, 1 lb, distilled compote a,

R

Abbets of sugarpaste a, 10

Raspices in gelly a, 29

Roots preserued a, 1

Roots candied a, 53

Rosa solis to make b, 6

Rosemarie flowers candied a, 9

Roseleaves to drie a, 36

Rose sirup a, 5

Roses preserued a, 7

Roses and Roseleaves candied, a, 9, 11

Rose paste a, 40

Roses kept long a, 61

Roseleaves dried without wrinkles, a, 63

Rosewater distilled at michaelmas, b, 14

Rosewater distilled in a speedy maner

b, 15,

Roses to ye eld a spirit b, 17

Rosewater most excellent b, 18

Rosewater, and yet the Roseleaves not

discoloured b, 23

Rosewater and oyle drawne together,

b, 25

Rose-

THE TABLE.

Rosewater of the colour of the Rose.

Rose vinegar of the colour of the Rose c.34

Rose vinegar made in a new manner c.48

SAlct oilē purified and graced in taste
and smell c.36

Salmon kept long fresh c.36

Salt of hearbs b.12

Salt delicate for the table c.38

Sawsedges of Polonia c.14

Sirup of Violets. a.4

Sirup of Roses a.5

Sparrowes to boile c.4

Spirit of wine extraordinarie b.1

Spirit of wine ordinarie b.2

Spirits of splices b.3

Spirit of wine tasting of any vegetable b.4

Spirit of honey b.13

Spirit of hearbes and flowers b.17

Skinne white and cleare b.2

Sunburning helped. d.22

Scould

THE TABLE.

Stone to sweat in	d, 27
Strawberries in gelly	a, 29
Strawberries in conserue	a, 51
Sucket of Lettuce stalkes	a, 32
Sucket of greene walnuts	a, 49
Sugar musket	a, 2
Sugar paste for soule	a, 10
Sugar plate to cast in	a, 13
Sugar plate of flowers	a, 14
Sugar plate to colour	a, 38
Sugar cast in partie moulds	a, 43
Sugar smelling and tasting of the cloue or cynamon	a, 78

T

Tale to boile	c, 6
Teeth kept white and sound	d, 10
Time distilled in a new manner	b, 11
Trossles for the sea	a, 39

V

Vinegar distilled	b, 16
Vinegar to clarifie	c, 37
Violet sirup,	a, 4
Violet	

THE TABLE.

Violet paste,	a,40,41
Violet water or vinegar of the colour of the violet,	c,34
Visquebath.	b,9

W

VV Afers to make	a,56
Walnuts in sucket	a,49
Walnuts kept fresh long	a,65,66
Wardens kept drie all the yeere,	a,47
Washing water sweet.	b,21,d,2,28,29
Whites of egges broken speedily,	c,29
Widgen to boyle	c,6
Wine taſting of wormwood made spe- dily.	c,33

Y

Ytch helped.	d,25
--------------	------

FINIS.

卷之三

1408. - *abruptiv*
tunc ab lozogenivio *caudatov*.
+80 *abruptiv*
q.d. *abruptiv*

1

22.5 each of this A V V
22.5 follow in simple W V
23.5 follow in simple W V
24.5 follow in simple W V
24.5 follow in simple W V
25.5 follow in simple W V
26.5 follow in simple W V
27.5 follow in simple W V

11

卷之三

The Arte of Preseruing

conseruing, can-
ning, &c.
dying. &c.

I. How to preserue Eringo rootes, Aenula Campana, and so of others in the same manner.

Seeth them till they bee
tender, then take away
the piths of them, and
leauue them in a colan-
der till they haue dropped as
much as they will, then hauing
a thin sirup readie, put them being
colde into the sirup beeinge also
cold, and let them stande so three
dayes, then boyle the sirup (ad-
dinge some more fresh sirup vn-
to it to supplie that which the
rootes haue drunk vp) a little high-
er, and at three dayes ende boyle
the sirup againe without any newe
addition, vnto the full height of a
preseruing sirup, and put in your
rootes, and so keepe them. Rootes
preserued

The Arte of preseruing,
preserued in this manner will eate
very tender, because they neuer
boyled in the sirup.

2. How to make muske sugar of common
sugar.

B Ruse 4, or 6, graines of muske,
place them in a peece of sars-
net, fine lawne or cambricke dou-
bled, lay this in the bottome of a
galley pot, straining your Sugar
thereon, stop your pot close, and
all the sugar in a fewe dayes will
both sent and taste of muske, and
when you haue spent that sugar,
you may lay more sugar thereon,
which will also receiue the like
impression. Such muske sugar is
sold for two shillings the pound.

3. How to drie Rose leaves in a most ex-
cellent manner.

W Hen you haue newly taken
out your breade, then put
in

conserning sanding, &c.

in your Roses in a sieue, first clipping away the whites, that they may be all of one colour, lay them about one inch in thicknesse in the sieue, & when they haue stood halfe an houre or thereabout they will growe whitish on the top, let them yet remaine without stirring till the vppermost of them be fully dried, then stir the together, and leau them about one other halfe houre: and if you finde them drie in the top, stir them together againe, & so continue this worke vntill they bee throughly dryed, then put them hote as they are into an earthen potte hauing a narrow mouth, and being well leaded within, (the Refiners of golde and siluer, call these pottes hookers) stop it with corke and wet parchment, or with Waxe and Rosen mixed together, and hang your pot in a chimney or neere a continual fire, & so they will keep exceeding fair in color & most delicate

cate

The arte of preserving,

cate in sente. And if you feare their relenting, take the Roseleaves about Candlemas, and put them once again into a sieue, stirring them vp and dowhe often till they be drie, and then put them vp againe hote into your potte. Note that you must set vpp your oven lidde, but not lute it about when you set in your Roseleaves, either the first or second time, post numero. 6.

4. A most excellent sirup of Violets, both in taste and tincture.

Expresse the iuice of clipt Violets, & to three parts of iuice take one fourth parte of conduit water, put the same into an Alabaster mortar, with the leaues which you haue stamped, and wringe the same out through a cloth, as you did at the first into the other iuice, put thereto a sufficient proportion of the finest sugar

conseruing, carding, &c.

ger and brought also into a most
fine powder, let the same stand 10.
or 12. houres in a cleane glased
earthen pan, then draine away the
clarest, and put it into a glasse,
and put thereto a fewe drops of the
juice of Lemmons, and it will bo
come cleare, transparent, and of
the violet colour. Then you may
expresse more juice into the su-
gar, which will sett in the bot-
tome, with some of the thickest
part of the juyce: and heating the
same vpon a gentle fire, it will alia
becom a good sirup of violets, but
not comparable to the first. By this
manner of worke you gaine one
quarter of sirup more then divers
Apothecaries doe.

¶ A singular manner of making the si-
rup of Roses.

FILL a siluer bason three quar-
ters full of fraine water, or roses
water, put therein a convenient

B

pro-

The Art of preserving

proportion of Rose leaues, couer
the bason and set it vpon a pot o f
hote water (as wee vsually bake a
Custard) in three quarters of an
houre, or one whole houre at the
most, you shall purchase the whole
strength and cincture of the Rose,
then take outthose leaues, wring
ing out all their liquor gently, and
steepe more freshe leaues in the
same water, continue this iteration
on seuen times, and then make it
up in a sirup, & this sirup worketh
more kindly then that which is
mademicerely of the iuyce of the
Rose. You may make sundry other
sirups in this manner. Quene of
hanging a pewter heade ouer the
bason, if the ascending water will
be worth the keeping.

6. Another way for the drying of Rose-
leaues.

Drie them in the heat of a hot
sunne daye vppon a Leades,
turning

conseruing, vanishing, &c.

turning them vp and downe till
they be dryed as they doo haie the
put them vp into glasses well stopt
and lidded, keeping your glasses in
warme places, and thereby doo
keepe all flowers: but he considereth
they are dryed in this manner are
best kept in paper bags, placing the
bags in close Cupboards. Y. med.
Basil, sibris, myrrh, w. painke
.

7. How to preserue whole Roses, Gilly-
flowers, Marigolds, &c.

Dip a Rose that is neither in
the bud nor ouerblowne, in a
firfup, consisting of sugar double
refined, and Rosewater boyled to
his true height; then open the
leaves one by one, with a fine
smooth bodkin either of bone or
wood, and presently if it be a hot
sunnie day, and whiles the sunne
is in some good height lay them
on papers in the sunne, or el-

The Arts of preference.

dry them with some gentle heat
in a close roome, heating y roome
before you set them in a roome
One may lay paper upon yer shet
shes as they put them up in glasses
and keepe them in nice cupboards
near the fire. You must take care
the scodes if you meane to eate
them. You may proesse this, pre-
seruing with sugar candie, in stead
of sugar if you please.

8. The most kindly waye to preserue
plums, cherries, gooseberries, &c c.

You must first purchase some
dwarfable quanties of their
owne iddes, with a gentle boate
upon imbers between two dishes,
druiding the juice still as it com-
meth in the stewing, then boyle
each fruit in his owne juice, with
a convenient proportion of the
first refined sugar boose smolni et

9. How to candie Rosemarie flowers.

Rose leaves, Roses, Marigolds, &c.

with preservation of colour.

Distilure refined, or double refined sugar, or sugar candy it selfe in a little Rosewater, boyle it to a reasonable hight, put in your rootes or flowers when your sirup is either fully cold, or almost cold, let them rest therewith till the sirup haue peareed them sufficientlie, then take out your flowers with a skimmer, suffering the loose sirup to run from them as longe as it will, boyl that sirup a little more and put in more flowers as before, diuide them also, then boyle all the sirup which remained and is not drunke vp in the flowers, to the height of man's christ, putting in more sugar if you see cause, but no more Rosewater, put your flowers therewhen your sirup is cold or almost cold, and let them stand till they candie.

The art of preserving,

10. A most delicate and stiffe sugar paste
whereof to cast Rabbits, Rigeons, or
any other little birdes or beast, either
sculptis life, branned wachsen
in whiche rapulio, is oul bound
Fist dissolve Isinglassie in faire
wateron with some Rosewater
in the latter ende, then beate blan-
ched almonds as you woulde for
marcpane, stiffe, and drawe the
same with creame, and Rosewater
(milke will serue, but creame is
more delicate) then put therein
some powdered sugar, into which
you may dissolve your Isinglassie
beeing first made into gellie, in
faire warme water (note, the more
Isinglassie you put therein, the stif-
fer your worke will prooue) then
having your rabbets, woodcocke,
&c. molded either in plaister from
life, or else carued in wood, (first
annointing your wodden moldes with
oyle of sweete almonds, and
your plaister or stone moldes with
bar-

conserving, candying, &c.

barrowes grease) poure your sugar=paste thereon. A quarte of creame, a quarterne of almonds, 2. ounces of Minglesse, and 4. or 6. ounces of sugar, is a reasonable good proportion for this stufte.

Quere of moulding your Birdes, Rabbets, &c. in the compounde wax mentioned in my Jewel house, in the title of the arte of moulding & casting pag. 60. For so your moulds will last long. You may dredge ouer your soule with cr̄s of bread, cinamon and sugar boyled togerther, and so they wil seem as if they were rosted and breaded. Leach & gelly may be cast in this manner. This paste you may also drive with a fine rowling pin, as smooth & as thin as you please; it laslēth not long, & therefore it must be eaten within a fewe dayes after the making thereof. By this meanes a banquet may be presented in the form of a supper, beeing a verie rare and strange devise.

B 4

To

Platt, Sir H.

19980

The Art of preserving,

11. To candie Marigolds, Roses, Borage,
or Rosemary flowers.

Boyle Sugar and Rosewater a
little vpon a chafing dish with
coales, then put the flowers (be-
ing thoroughly dryed, either by
the sunne or on the fire) into the
sugar, and boyle them a little, then
strew the powder of double refi-
ned sugar vpon them, and turne
them, and let them boyle a little
longer, taking the dish from the
fire, then strew more powdred su-
gar on the contrarie side of the
flower. These will drie of them-
selues in two or three houres in a
hote sunny day, thogh they ly not
in the sunne.

12. To make an excellent Marchpane
paste, to print off in molds for banque-
ting dishes.

Take to euerie Iordan almond
blanched, three spoonfuls of
the

conseruing, candying, &c.

the whitest refined sugar you can get, searce your sugar, and now and then as you see cause put in 2. or three drops of damaske Rose-water, beate the same in a smooth stone morter, with great labor, vntill you haue brought it into a dry stiffe paste, one quarterne of sugar is sufficient to worke at once.
Make your paste into little bals, euerie ball containing so much by estimatiō as will couer your mold or printe, then rowle the same wth a rowling pin, vpon a sheete of cleane paper without strewing any powdered sugar either vpon your paste or paper. There is a countrie Gentlewoman whome I could name, which venteth great store of sugar cakes made of this composition. But the onely fault which I finde in this paste is, that it tasteth too much of the sugar, and too little of the almonds, and therefore you may proue the making thereof with such almonds,

B 5 which

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which haue had some part of their oyle taken from them by expref-
sion, before you incorporate the
with the sugar, and so happely you
may mixe a greater quantitie of
them with the sugar, because they
are not so oily as the other . You
may mixe cinammon or ginger in
your paste , & that will both grace
the taste, and alter the colour; but
the spice must passe through a fair
searce : you may keepe your al-
monds in colde water all night, &
so blanch them colde, and being
blanched , drie them in a sieue o-
uer the fire . Here the garble of
almonds will make a cheap paste.

*¶3. Themaking of sugar-pla'e, and ca-
sting thereof in carned moldes.*

TAKE one pound of the whitest
refined or double refined su-
gar, if you can get it, put thereto
three ounces (some cōfit-makers,
put

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put 6. ounces for more gaine) of
the best starch you can buy, and
if you dry the sugar after it is pou-
dered, it will the sooner passe thar-
ough your lawne scarce; then
scarce it & lay the same on a heape
in the midst of a sheet of clean pa-
per: in the middle of which masse,
put a pretie lump of the bignes of
a walnut of gum dragagant, firt
steeped in Rosewater one night; a
porenger ful of rosewater is suffi-
cient to dissolve one ounce of gu
(which must firt bee well picked,
leauing out the drosse) remem-
ber to straine the gumme through
a canuas, then hauing mixed som
of the white of an egge with your
strained gum, temper it with the
sugar betwixt your fingers by lit-
tle and little, til you haue wrought
vpp all the sugar and the gumme
together into a stiffe paste, and in
the tempring let there be alwaies
some of the sugar betweene your
fingers and the gumme, then dust
your

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your wodden moulds a little with some of that powdered sugar thos' rough a peece of Lawne or fine Linnen cloath, and hauing drunen out with your rowling pin a suffi-
cient portion of your paste to a cō
uenient thicknes, couer your mold therewith, pressing the same down into every hollow parte of your molde with your fingers, & when it hath taken the whole impressi-
on, knocke the mold on the edge against a table, and the paste will issue forth with the impression of the molde vpon it: or if the molde be deepe cut, you may put in the pointe of your knife gently into the deepest parts heere and there, lifting upp by little and little the paste out of the molde. And if in the making of this palle, you hap-
pen to put in too much gum, you may put more sugar thereto, and if too much sugar, abē more gum: you must also worke this paste in-
to your molds, as speedily as you can,

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can after it is once made, and before it harden, and if it growe so harde that it cracke, mixe more gum therwith. Cut away with your knife from the edges of your paste all those peeces which haue no parte of the worke vpon them, and worke the vp with the paste which remaineth; and if you will make sawcers, dishes, boawls, &c. then (hauing first driuen out your paste vpon paper, first dusted ouer with sugar to a conuenient largenesse and thicknesse) put the paste into some saucer, dish, or boawle of a good fashion, and with your finger presse it gently downe to the insides thereof, till it resemble the shape of the dish, then pare away the edges with a knife, even with the skirt of your dish, or sawcer, and set it against the fire till it bee done on the inside, then with a knife get it out as they use to doe a dish of butter, and drye the backside; then guilde it on the edges with the

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the white of an egge laide round about the brim of the dish with a penfill, and preſſe the gold downe with ſome cotton, and when it is dry ſkew or brush off the golde with the foote of an Hare or Conie. And iſ you woulde haue your paſte exceeding ſmooth, as to make cardes and ſuch like conceiptes therof, then roule your paſte vpon a liued paper with a liuenoorth & poſhied rowling pin.

c.4. A way to make ſegar pafe both of a colour and taile of faire flower.

Take Violers and beat them in a mortary with a littel hard ſugar, then put into it a ſufficient quantite of Roſewater, then lay your gum in ſteepe in the water, & ſo worke it into paſte, & ſo wil your paſte be both of the colour of the violet, and of the ſmell of the violet. In like ſort may you work with Marigolds, Cowſlips, Primroſes, Bugloſſe or any other flower.

To

conseruing, candying, &c.

15. To make paste of Nouie.

Take a quarter of a pounde of Valentian almonds, otherwise called the small almonds or Barbarie almonds, and beate them in a mortar til they come to paste, then take stale Manchet beeing grated, and drie it before the fire in a dish, then fist it, then beat it with your almondes, put in the beating of it a little cinnamon, ginger and the iuyce of a Lemon, & when it is beaten to perfitt paste, printe it wth your moldes, & so dry it in an ouen after you haue drawn out your bread: this paste will last all the yeare.

15. To make Iumbolds.

Take halfe a pound of almonds beeing beaten to paste with a short cake beeing grated, & 2. eggs, 2. ounces of caroway seeds, being beaten

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beaten, and the iuice of a Lemmon, & beeing brought into paste roule it into round strings, then caste it into knots, and so bake it in an ouen, and when they are baked, yce them with Rosewater and sugar, and the white of an egge being beaten together, then take a feather and guilde them, the put them againe into the Ouen, and let them stande in a little while, and they will be yced cleane ouer with a white yce, and so box them vp, and you may keep them all the yeere.

17. To make a paste to keepe you moist, if you liue not so drinke of it, which Ladies vsset carrie with them whē they ride abroad.

Take halse a pound of damaske aprunes & a quatern of dates, stonne them both, and beate them in a mortar with one warden being rosted, or else a slice of olde marme-

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marmelade and so print it in your
moldes, and drie it after you haue
drawne bread, put ginger vnto it,
and you may serue it in at a ban-
quet.

18. To make a Marchpane.

Take two poundes of Almonds
being blanched and dried in
a sieue ouer the fire, beat them in
a stone mortar, and when they bee
small mixe with them two pounde
of sugar beeing finely beaten, ad-
ding two or three spoonefulls of
Rosewater, and that will keep your
almonds frō oiling: whē your paste
is beaten fine, drive it thin with
a rowling pin , and so lay it on a
bottome of wafers, then raise vp
a little edge on the side, & so bake
it, then yce it with Rosewater and
sugar, then put it into the ouen a-
gaine, and when you see your yce
is risen vp and drie, then take it
out of the Ouen and garnish it
with

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with pretie conceipts, as birdes & beasts being cast out of standing moldes. Sticke long cōfis ypright in it, cast bisket and carowais in it, and so serue it; guild it before you serue it: you may also print of this Marchpane paste in your molds for banqueting dishes. And of this paste our comfit makers at this day make their letters, knots, Armes, escocheons, beasts, birds, & other fancies.

19. To make bisket bread, otherwise called french bisket.

Take halfe a pecke of fine flower, two ounces of Coriander seedes, one ounce of annis seedes, the whites of fourte egges, halfe a pinte of Ale yeast, and as much water as will make it vp into stiffe past, your water must be but blood warme, then bake it in a long roll as big as your thigh, let it stay in the ouen but one houre, and when it

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it is a daye olde, pare it and slice it
querchwart, thē sugar it ouer with
fine powdered sugar, and so drye it
in an oven agayne, and being drye,
take hony and sugar it again, then
boxe it, and so you may keepe it all
the yere.

30. To make prince bisket.

Take one pounde of verie fine
flour, and one pounde of fine
sugare, and eight egges, and two
spoonfuls of Rosewater, and one
ounce of carroway seeds, and beat
it all to batter one whole hour, for
the more you beat it, the better
your bread is, then bake it in cos-
fins of white plate, beeing basted
with a little butter before you put
in your batter, and so keepe it.

21. To make another kinde of bisket,
called biskettello.

Take halfe an ounce of gumme
Dragagant, dissolve it in Rose-
wa-

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Rosewater with the iuse of a lemmon and two graines of muske, then straine it through a faire linnen cloth with the white of an egg, then take halfe a pound offine sugar being beaten, and one ounce of carroway seedes, beeing also beaten and scarred, and then beat them altogether in a mortar till they come to past, then rol them vp in small loaues about the bignes of a small egge, put under the bottome of euerie one, a peece of a wafer, and so bakethem in an Ouen vpon a sheete of paper, cut the on the fides as you do a mancher, and pricke them in the middest: when you break them vp, they will bee hollow and full of eyes.

22. To make Gingerbread.

Take three stale manchets and grate them, drie them, and sift them through a fine sieue, then adde

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ad vnto them one ounce of ginger
being beaten, and as much Ci-
namon, one ounce of liquorice &
anniseedes beeing beaten toge-
ther and scarred, halfe a pound of
sugar, then boile all these together
in a posnet, with a quart of claret
wine till they come to a stiffe paste
with often stirring of it; and when
it is stiffe, molde it on a table and
so drie it thin, & print it in your
moldes; dust your moldes with Ci-
namon, Ginger, and liquorice, be-
ing mixed together in fine pow-
der. This is your Gingerbread v-
sed at the Court, and in all gentle-
mens houses at festiuall times. It
is otherwise called dry Leach.

23. To make dry Gingebread.

Take halfe a pound of almonds
and as much grated cake, and
a pounde of fine sugar, and the
yolke of two newe laid egges, the
juice

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iuyce of a Lemonon, and s· graines
of muske, beate all these together
till they come to a paste, then print
it with your hands, and so dry it
vpon papers in an open after your
breddas drawnes.

¶ To make puffe paste. ¶ Take
a quart of the finest flower
and the whites of three eggs,
and the yolkes of two, and a little
colde water, and so make it into
perfect paste, then drise it with a
rouling pin abroade, then put on
small peeces of butter as big as
Nuts vpon it, then folde it ouer,
then drise it abroade againe, then
put small peeces of butter vpon it
as you did before, doe this tenne
times, alwaies folding the paste
and putting butter betweene euerie
folde. You may conuey anie
pretrie forced dish, as Florentine,
Cherry tarte, rice, or pippins, &c.
betweene two sheets of that paste.

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conserving, candizing, &c.

25. To make paste short without butter.

Take a quart of fine flower, and put it into a pipken, and bake it in an ouen when ybal bakte manchet, then take the yolkes of 2. or three eggs, and a pint of creame, & make paste, put it into two ounces of sugar beeing finely beaten, and so you shall make your paste short without butter or sweetmeat. In like sort when you make sugar cakes bake your flower first.

26. To make crystal gelly.

Take a knuckle of lydeale, and two values feete (your values feete beeing stayed & scalded) and boile them in faire spring water, and when they are boyled readie to eate, you may saue your flesh & not boyle it to peeces, for if you doe so, the gelly will looke thicke, then take a quart of the clearest
beale

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of the same broth, and put it into
a posnet, adding thereunto gin-
ger, white pepper, 6. whole cloues,
one nutmeg quartered, one grain
of muske, þat q̄t̄e whale spi-
ces in a hote bag, and boyle them
in your gelly, season it with four
ounces of sugar candie, and three
spoonfuls of Rosewater, so let
it run through your gelly bag, and
if you meane to have it looke of
an amber colour, bruise your spi-
ces, and let them boyle in your
gelly loose. þis is wyl may syad

27. To make Leach of Almonds.

þis shalfe a þounde of sweete
Almonds, and beate them in
a morter, then straine them with
a pinte of weete milke from the
Cow, then put vnto it one graine
of muske, two spoonfuls of Rose-
water, two ounces of fine sugar,
þe waight of three whole thillings
of lymglass that is verie white,
and

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a nd so boyle them, then let all run
through a strainer, then may you
slice the same and so serue it.

28. To make Quidini of Quinces.

Take the kernells out of eight
great Quinces, and boyle them
in a quarte of spring water, till it
come to a pinte, then put into it
a quarter of a pinte of Rosewater,
and one pound of fine sugar, and
so let it boyle till you see it come
to be of a deepe colour: then take
a drop, and drop it on the bottom
of a sawcer, and if it stand, take it
off, then let it run through a gel-
ly bagge into a bason, then set on
your bason vpon a chafing dish of
coales to keepe it warme, then
take a spoone, and fill your boxes
as ful as you please, and when they
bee colde couer them: and if you
please to printe it in moldes, you
must haue molds made to the big-
nesse of your boxe, and wet your

C molds

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molds with Rosewater , and so let it run into your mold, and when it is colde turne it off into your boxes. If you wette your moldes with water, your gelly will fall out of them.

29. To make gelly of Strawberies, Mulberries, Raspisberies, or any such tender fruite.

Take your berries and grinde them in an Alabaster mortar with four ounces of sugar and a quarter of a pinte of faire water, and as much Rosewater , and so boile it in a posnet with a little peice of Isinglas, and so let it run through a fine cloth into your boxes, and so you may keepe it all the yeares.

30. To make paste of Genua of Quinces.

Take Quinces and pare them, and cut them in slices, & bake them

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them in an ouen dry in an earthen pot without any other iuyce then their owne, then take one pound thereof, straine it, and put it into a stome mortar with halfe a pounde of sugar, and when you haue beatē it vp to pastē, print it in your molds and dry it three or fourre times in an ouen after you haue drawne bread, & when it is throughly drie and hardened, you may boxe it, & it will keepe all the yeere.

31. To make marmelade of Quinces or Damsons.

When you haue boyled your Quinces or Damsons sufficienly, straine them; then dry the pulpe in a pan on the fire, and when you see there is no water in it, but that it beginneth to bee stiffe, then mixe two pound of sugar with 3. poūd of pulp, this marmelade will be white marmelade: and if you will haue it looke with

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with a high colour, put your sugar and your pulpe together, so soone as your pulpe is drawne, and let them both boile together, and so it will looke of the colour of ordinarie marmelade, like vnto a stewed warden, but if you dry your pulpe first, it will looke white and take lesse sugar: you shall knowe when it is thicke enough, by putting a little into a sawcer, letting it coole before you box it.

32. *To make sucker of Lettuce stalkes.*

TAKE Lettuce stalkes, and pill away the outside, then perboile them in faire water, then let them stand all night drie, then take halfe a pinte of the same liquor; and a quarter of a pinte of Rosewater, and so boyle it to srrup, and when your srrup is betwixt hot & cold, put in your aforesaid rootes, and let them stand all night in your srrup to make them take sugar, and then

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then the next day your sirup wil be
weake againe, then boyle it again,
and take out your rootes. In the
like sorte may you keepe Orenge
pilles, or greene walnuts, or anie
thing that hath the bitternes first
taken from it, by boyling i nwater

33. To candie nutmegs or ginger, with
an hard rocke candie.

Take one pounde of fine sugar,
and eight spoonefuls of Rose=
water, and the waight of 6. pence
of Gum Arabique, that is cleere,
boyle them together to such an
height, as that droping some ther-
of out of a spoone, the sirup doe
rope and run into the smalnes of
an haire, then put it into an ear-
then pipken, wherein place your
nutmegs, ginger, or such like, then
stop it close with a saucer, and lute
it well with clay, that no aire may
enter, then keep it in a hote place
three weekes, and it will candie

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hard, You must break your pot with
an hammer, for otherwise you can-
not get out your candie. You may al-
so candy Orenges, or Lemmons in
like sort if you please.

34. To preserue Orenges after the Por-
tugall fashion.

TAKE Orenges & coare them on
the side and lay them in water,
then boile them in fair water til they
be tender, shift them in the boyling
to take away their bitternesse, then
take sugar and boyle it to the height
of sirup as much as will couer them,
and so put your Orenges into it, and
that will make them take sugar. If
you haue 24. Orenges, beate 8. of
them till they come to pastre with a
pouade of fine sugar, then fill euery
one of the other Orenges with the
same, and so boile them again in your
sirup: then there will be marmelade
of oranges within your oranges, &
it wil cut like an hard egge.

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35. To candie Orenge pilles.

Take your Orenge pilles after they be preserued, then take fine sugar and Rosewater, & boile it to the height of *Manus Christi*, then drawe through your sugar, then lay them on the bottome of a sieue, and dry them in an ouen after you haue drawne bread, and they will be candied.

36. To preserue Cowcumbers all the yeere.

Take a gallon of faire water, & a pottle of veriuice, and a pint of bay salt, and a handfull of green fennell or Dill: boyle it a little, and when it is cold put it into a barrel, and then put your Cowcumbers into that pickle, and you shal keep them all the ycere.

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37. To preserue broome capers a'l the
yeare.

Boyle a quart of Veriuice and
Ban handfull of baye salte, and
therein you may keepe them all
the yeare.

38. To colour sugar pastre with severall
co'ours.

You may mixe Roset with your
fine sacred sugar vntill the co-
lour please you, and so shall you
haue a faire murrey colour. Ap-
greene must be tempred in a little
Rosewater, hauing some gumme
first dissolved therein, and so laye
it on with a pensill vpon your paste
in apt places. With saffron you
may make a yellow colour in the
like manner, first drying and pow-
dering your saffron, and after it
hath coloured the Rosewater suf-
ficientlie, by strayneing it through
fine linnen. The powder of Cina-
mon,

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mon maketh a wal'nut colour, and
ginger and Cynamon together a
lighter colour.

39. To make tresses for the sea.

F Irst make paste of sugar & gum Dragagant mixed together, the mixe therewith a reasonable quā-
tity of the powder of Cynamon &
ginger, and if you please a little
muske also, and make it vpp into
rols of seuerall fashions , gilding
them heere and there. In the same
manner you may also conuey any
purgatiue , vomit , or other me-
dicine into sugar paste.

40. To make paste of Violets, Roses,
Marigolds, Cowslips, or liquorice.

S Hred, or rather powder the dry
sleaues of your flower . putting
thereunto some fine powder of
Ginger, Cynamon, and a little
muske if you please, mixe them all

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confusedly together, then dissolue some sugar in Rosewater, and being boyled a little, put some saffron therein, if you worke vpon Mari-golds, or else you may leauue out your saffron, boyle it on the fire vnto a sufficient height, you must also mixe therewith the pap of a roasted apple being first well dried in a diue ouer a chafing dish of coales, then poure it vpon a trencher, beeing first sprinkled ouer with Rosewater, and with a knife worke the paste together. Then breake some sugar candy small, but not to powder, and with gumme dragagant, fasten it heere and there to make it seeme as if it were roch candied, cut the paste into pieces of what fashiō you list with a knife first wet in Rosewater. In licorice paste you must leauue out the pap of the pippin, and then worke your paste into drie rolles. Remember to searce the liquorice through a fine searce. These rolles are

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are very good against any cough
or colde.

41. *To make Marmelade of Lemmons
or Orengeſ.*

Take ten lemmons or orengeſ
& boyle them with half a dozé
pippins, & ſo drawe them throgh
a ſtrainer, then take ſo much ſu-
gar as the pulp doth wey, & boyle
it as you doe Marmelade of Quin-
ces, and then box it vp.

42. *How to candie Nutmegs, Ginger,
Mace, & flowers, in halfe a day with
bard or rock candie.*

Lay your Nutmegs in ſteepe in
common Lee made with or-
dinarie ashes 24.houres; take them
out and boyle them in faire water
till they be tender, and to take out
the Lee: then drie them and make
a ſirup of double refined ſugar and
a little Rosewater to the height
of

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of a manus Christi, place this sirrup
in a gentle balneo, or some small
heate, putting your Nutmegs in-
to the sirup. Note that you must
skim the sugar as it casteth ame-
skumme, before you put in your
Nutmegs; then hauing sugar can-
die first bruised grossely, and sear-
ced through colanders of seuerall
bignesse, take the smallest thereof,
and roule your Nutmegs vp and
downe therein, either in a dish or
vpon clean paper, then stoue your
Nutmegges in a cupboard with a
chafing dish of coales, which must
be made hote of purpose before
you set them in: and when they
are drie enough, dip them againe
in fresh sirup boyled to his heighth
as before; and roule them in the
grosser sugarcandie, & then stoue
them againe till they be hard, and
so the thirde time if you will in-
crease their candie. Note that
you must spend all the sugar which
you dissolve at one time with can-
dying.

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dying of one thing or other there-
in presently: the stronger that is
your lee is, the better; & the nut-
meg, ginger, &c. would ly in steep
in the lee, 10, or 12, daies, and af-
ter in the sirup of sugar in a stoue,
or Cupboarde with a chafing dish
and coales one whole weeke, and
then you may candie them sud-
denly, as before. Flowers and fruits
are done presently without anie
such steeping or stouing as before:
onely they must bee put into the
stoue after they are coated with
your powdered sugar candie: and
those flowers or fruits as they are
sodainely done, so they will not last
aboue two or three daies faire, and
therefore onely to be prepared for
some set banquet.

*34. Casting of sugar in partie moldes
of wood.*

Lay your moldes in faire water
three or foure houres before
you

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you cast, then dry vp your inward moisture with a cloth of Linnen, then boyle rosewater & refined sugar together, but not to anie great stiffeesse, then poure it into your moldes, let your molds stand one houre, and then gently part or open the moldes, and take out that which you haue cast, you may also worke the paste *an i è numero 12. 13.* into these moldes, first printing or pressing gently a little of the paste into the one halfe, and after with a knife taking away the superfluous edges, and so likewise of the other halfe: then presse both sides of the mold together, two or three times, & after take away the crest that will arise in the middest: and to make the sides to cleave together, you may touch the first ouer with **Gum Dragagant** dissoluued, before you presse the sides of the mold together: note that you may conuey comfits within, before you close the sides. You may cast of any

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any of these mixtures or pastes in
alabaster molds, molded from the
life.

44. To mold of a Lemmon, orange, pear,
Nut, &c. and after to cast it hollowe
within, of sugar.

Fill a wooden platter halfe full
of sande, then presse downe a
Lemmon, pear, &c. therein to the
iust halfe thereof, then temper
some burnt Alabaster with faire
water in a stone or copper dish, of
the bignesse of a great siluer boll,
and cast this pap into your sande,
and from thence clap it vpon the
Lemmon, Peare, &c. pressing
the pap close vnto it. Then after
awhile take out this halfe parte
with the Lemmon in it, and pare
it euен in the insides as neere as
you can, to make it resemble the
iust halfe of your Lemmon, then
make 2. or 3. little holes in the halfe
(viz in the edges therof) laying it
downe in the sande againe, and so
cast

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caste another halfe vnto it , then
cut off a peece of the top of both
your partie moldes,& cast thereto
another cap in like manner as you
did before. Keep these three parts
bound together with tape till you
haue cause to vse them: and be-
fore you cast, lay them alwaies in
water, and drie vp the water again
before you poure in the sugar.
Colour your Lemmon with a lit-
tle saffron steeped in Rosewater;
vse your sugar in this manner:
Boile refined or rather double re-
fined sugar and Rosewater to his
full height, *viz.* till by powring
some out of a spoone, it will run
at the last as fine as a haire; the ta-
king off the cappe of your molde,
poure the same therein, filling vp
the mold aboue the hole, and pre-
sently clap on the cap, and presse
it downe vpon the sugar , then
swing it vpp and downe in your
hande , turning it rounde, and
bringing the neather parte some
times

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times to be the vpper parte in the turning, and è converso. This is the manner of vsing an Oreng, Lemmon, or other round molde: but if it be long as a pigs foot will be, beeing molded, then roule it, and turne it vp and downe longe waies in the aire.

45. How to keepe the drie pulpe of cherries, Prunes, Damsons &c. all the yeare.

Take of those kinde of cherries which are sharpe in taste (Quere if the common blacke and redde cherrie will not also serue, hauing in the ende of the decoction a little oyle of Vitrioll or Sulphur, or some veriuice of soure grapes, or iuice of Lemmons mixed therewith, to giue a sufficient tartnesse) pull off their stalks and boile them by themselues without the addition of any liquour in a caldron or pipken, and when they begin once

The Arte of preseruing,

once to boile in their owne iuice,
stir them hard at the bottom with
a spattle, least they burn to the pans
bottom. They haue boyled suffici-
ently, when they haue caste off all
their skins, and that the pulp and
substance of the cheries is grown
to a thicke pap: then take it from
the fire, and let it coole, then di-
uide the stones and skins, by pas-
sing the pulpe onely through the
botome of a strainer reuersed as
they vse in *cassia fistula*, then take
this pulpe and spread it thin vpon
glazed stones or dishes, and so let
it drie in the sunne, or else in an
ouen presently after you haue
drawne your breade, then loose
it from the stone or dish, & keepe
it to prouoke the appetite, and to
coole the stomacke in feuers, and
all other hote diseases. Proue the
same in all manner of fruit. If you
feare aduision in this worke, you
may finish it in hote balneo.

conserv.ng, and jng, &c.

46. How to dry all manner of plums or
cherries in the sunne.

If it be a small fruite, you must dry them whole, by laying the abroad in the hote sunne, in stone or pewter dishes, or iron or brasse pannes, turning them as you shall see cause. But if the plum be of any largenesse, slit each plum on the one side from the top to the bottome, and then lay them abroad in the Sunne: but if they be of the biggest sort, then give either plum a slit on each side: and if the sun doe not shine sufficiently during the practice, then dry them in an ouen that is temperately warme.

47. How to keepe apples, peares, quinces,
wardens, &c, all the yeare, drie.

Par them, take out the coares,
and slice them in thinne slices
lay-

The Arte of preseruing,

laying them to drie in the Sunne
in some stone or metalline dishes,
or vpon high frame couered with
course canuas, now and then tur-
ning them, and so they will keepe
all the yeare.

48. To make greene Ginger
upon syrp.

TAke Ginger one pounde, pare
it cleane, steepe it in red wine
and vinegar equally mixed, let it
stand so 12. dayes in a close vessell,
and euery day once or twice stir
it vp and downe, then take of wine
one gallon, and of vinegar a pot-
tle, seeth altogether to the con-
sumption of a moitie or half, then
take a pottle of cleane clarified
honey or more, and put thereunto,
and let them boile well together,
then take halfe an ounce of saf-
fron finely beaten, and put it
thereto with some sugar if you
please.

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conseruing, canding, &c.

49 To make fuet of greene
Walnuts.

Take Walnuts when they are no bigger then the largest ha-sill nut, pare away the uppermost greene, but not too deepe, then seeth them in a pottle of water till the water be sodden away, then take so much more of fresh water, and when it is sodden to the halfe, put thereto a quart of vinegar and a pottle of clarified honie.

50. To make conserue o' prunes or
Damsons.

Take ripe Damsons, put them into scalding water, let them stand a while, then boyle them ouer the fire till they breake, then straine out the water through a colander, and let them stand therin to coole, then straine the damsons through the colander, taking away

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away the stones and skinnes, then set the pulpe ouer the fire againe, and put thereto a good quantite of red wine, and boile them wel to a stiffenesse, euer stirring them vp and downe, and when they bee almost sufficiently boyled, put in a conuenient proportion of sugar, stir all well together, and after put it in your gally pots.

S1. To make conserue of strawberries.

First seeth them in water, and then cast away the water, and straine them, then boyle them in white wine, and worke as before in damsons, or else straine them being ripe, then boyle them in wine and sugar till they be stiffe.

S2. Conserue of prunes or Damsons made another way.

Take a pottle of damsons, prick them and put them into a pot; put-

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putting thereto a pinte of Rosewater or wine, and couer your pot, let them boile well, then incorporate them by stirringge, and when they be tender let them coole, & straine them with the liquor also, then take the pulpe and set it ouer the fire, and put thereto a sufficient quantitie of sugar, and boile them to their heighth or consistencie, and put it vp in gally pots, or iarde glasses.

53. *How to candie Ginger, Nutmegs, or any Roote or flowers.*

TAKE a quarter of a pounde of the best refined sugar, or sugar candie which you can get, powder it, put thereto two spoonfuls of Rosewater, dip therein your Nutmegs, ginger, rootes, &c. being first sodden in faire water till they bee soft and tender, the oftner you dip them in your sirrup, the thicker the candie will bee, but

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but it will be the longer in candyng: your sirrup must bee of such stiftnesse, as that a droppe thereof beeinge let fall vpon a pewter dish, may congeale and harden being cold. You must make your sirrup in a chafing dish of coales, keeping a gentle fire: after your sirrup is once at his full height, then put them vpon papers presently into a stoue, or in dishes, continue fire some ten or twelue dayes, till you finde the candie hard and gliitering like diamonds; you must dip the red rose, the gillow flower, the marigold, the borrage flower, and all other flowers but once.

¶ 4. The arte of confitmking, tea hing
how to couer all kinds of seedes, fruits
or splices with sugar.

First of all you must haue a deep bottomed bason of fine cleane brasle or latton, with two eares of iron to hang it with two severall cordes

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cords ouer a bason or earthen pan
with hote coales.

You must also haue a broad pan
to put ashes in, & hote coales vp
on them.

You must haue a cleane latton
bason to melt your sugar in, or a
faire brasen skillet.

You must haue a fine brasen
ladle, to let run the sugar vpon the
seedes.

You must also haue a brasen
slice, to scrape away the sugar frō
the hanging bason if neede re-
quire.

Hauing all these necessarie ves-
sels & instruments, worke as fol-
loweth.

Choose the whitest, finest, and
hardest sugar, and then you need
not to clarifie it, but beate it one-
ly into fine powder that it may dis-
solute the sooner.

But first make all your seedes
verie cleane, & dry them in your
hanging bason.

D

Take

The Art of preserving,

Take for euery two pounde of sugar, a quarter of a pound of annis seedes, or Coriander seedes, and your Comfites will be greate enough, and if you wil make them greater, take halfe a pound more of sugar, or one pound more, and then they will be faire & large.

And halfe a pounde of Annis seeds, with two pound of sugar wil make fine small comfits.

You may also take a quarter and a halfe of annis seedes, and three pound of sugar, or halfe a pounde of annis seedes and foure pounde of sugar. Do the like in Coriander seedes.

Melt your sugar in this maner,
v.7. Put three poundes of your powder sugar into the bason, and one pinte of cleane running wa-
ter thereunto, stirre it well with a brasen flice, vntill all be moist and well wet, then set it ouer the fire,
without smoak or flame, and melt
it well, that there bee no whole
grif-

conserving, candying, &c.

gristie sugar in the bottome, and let it seeth mildelye, vntill it will streame from the ladle like Turpentine, with a long streame and not drop, then it is come to his decoction, let it seeth no more, but keepe it vpon hot imbers that it may run from the ladle vpon the seedes.

To make them speedily. Let your water be seething hot, or seething & put powder of sugar vnto the, cast on your sugar boyling hote: haue a good warme fire vnder the hanging bason.

Take as much water to your sugar, as will dissolute the same.

Neuer skim your sugar if it bee cleane and fine.

Put no kind of starch or amyllum to your sugar.

Seeth not your sugar too long, for that will make it black, yellow or tawnie.

Moue the seeds in the hanging bason as fast as you can or may,

D . 2 when

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when the sugar is in casting.

At the first coate put on but one halfe spoonfull with the ladle, and all to moue the bason, moue, stirre and rub the seedes with thy left hand a pretie while, for they will take sugar the better, & dry them well after euerie coate.

Do this at euerie coate, not onely in mouing the bason, but also with the stirring of the comfits with the left hand and drying the same: thus dooing you shall make great speed in the making: as, in euerie three houres you may make three pound of comfits.

And as the comfits do increase in greatness, so you may take more sugar in your ladle to cast on. But for plaine comfits let your sugar be of a light decoction last, and of a higher decoction first, & not too hote.

For crispe and ragged comfits, make your sugar of a high decoction, euē as high as it may run from

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from the Ladle, and let fall a foote high or more from the ladle, and the hoter you cast on your sugar, the more ragged will your comfets be. Also the comfets will not take so much of the sugar as they will vpon a light decoction, and they will keepe their raggednesse long. This high decoction must serue for eight or ten coats in the end of the worke, and put on at euerie time but one spoonful, and haue a light hand with your bason, casting on but little sugar.

A quarter of a pounde of Coriander seeds, and three pounds of sugar will make greate, huge, and big comfets.

See that you keepe your sugar alwaies in good temper in the bason, that it burne not into lumpes or goblets: and if your sugar be at anie time too high boyled, put in a spoonfull or two of water, & keepe it warily with the ladle, and let your fire alwaies bee without

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smoake or flame.

Some commende a ladle that hath a hole in it to let the sugar run through of a height, but you may make your comfites in their perfect forme and shape only with a plaine ladle.

When your comfites be made, set your dishes with your comfites vpon papers in them before the heat of the fire, or in the hot sun, or in an Ouen after the bread is drawen, by the space of an hour or two, and this will make them very white.

Take a quarter of a pounde of Annis seedes, and two pound of sugar, and this proportion will make them verie great, and euen a like quantity take of Carroway seede, Fennell seede, and Corian-der seede.

Take of the finest Cynamon, and cut it into prettie small sticks beeing drye, and beware you wette it not, for that deadeth the

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the cinnamon, and then worke as
in other comfits. Do this with O-
range rindes likewise.

Worke vpon ginger, cloues, and
Almonds, as vpon other seeds.

The smaller that Annis seede
comfits be, the fairer, the harder,
and so in all other.

Take the powder of fine Cina-
mon two drammes, of fine muske
dissolued in a little water one
scruple, mingle these altoge-
ther in the hanging bason, and
cast them vppon sugar of a good
decoction, then with thy left hand
moue it ro and fro, and drie it wel,
doe this often, vntill they bee as
great as poppie seeds, and giue in
the ende three or foure coates of
a light decoction, that they may be
round and plaine, & with an high
decoction you may make them
crispe.

You must haue a coarse searce
made for the purpose with haire
or with parchment full of holes to

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¶ And diuide the comfets into
seuerall sorts.

To make paste for comfets. Take
fine grated breade foure ounces,
fine elect Cinamon powdred half
an ounce, fine ginger powder one
dramme, saffron powdred, a little,
white sugar two ounces, & a fewe
spoonfuls of borage water, seeth
the water and the sugar together,
and put to the saffron, then first
mingle the crummes of bread &
the spices well together, dry the
put the liquor scalding hote, vp-
on the stiffe, & being hot labour
it with thy hand, and make balles
or other formes therof, dry them
and couer them as comfets.

Coriander seeds two ounces,
sugar one pound and a halfe ma-
keth very faire comfets.

Annis seeds three ounces, su-
gar halfe a pound, or annis seedes
two ounces, and sugar 6. ounces,
will make faire comfits.

Euerie dram of fine Cinamon,
will

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will take at the least a pound of sugar for biscuits, and likewise of sugar or ginger powder.

Halfe an ounce of grosse Cinnamon wil make almost three drams of fine powder searced, after it is well beaten.

Sugar powder one ounce will take at the least a pound of sugar to make your biscuits faire.

Carrowaines will be faire at 12. coates.

Put into the sugar a little Amylum dissolued for fiue or six of the last coares, and that will make them exceeding crisper and if you put too much Amylum or starch to the comfits which you woulde haue crisper, it will make them flat and smoothe.

In anie other confection of pasted sugar mixed with gum Dragant, put no kinde of Amylum: beware of it, for it will make thy worke clammie.

To make redd comfits, scote 3.

D. s

or

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or foure ounces of brasell with a little water, take of this red water 4. spoonfulls, of sugar one ounce, and boile it to his decoction, then giue 6. coates and it will bee of a good colour, or else you may turn so much water with one dramm of turnesole, doing as before.

To make greene comfits, seeth sugar with the iuice of beets.

To make them yellow, seeth saffron with sugar.

In making of comfits, alwaies when the water doth seeth, then put in your sugar powder, and let it seerh a little vntill it bee cleane dissolued and boyked to his perfect decoction, & that the whitenesse of the colour be clean gone, and if you let it settle, you shall see the sugar somewhat clear.

For biscuits take two spoonfulls of liquor, of sugar searced in a course searce one dram, and of sugar powder to be melt & cast, one ounce. This donne will make the biscuits

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biskets somewhat faire, and some-
what greater then poppie seeds.

Aluer. Take sugar powder four
drams, sugar to cast four ounces
with liquor sufficient, lay golde or
siluer on your comfits.

Euery dramm of sugar powder
will take an ounce of sugar to be
cast: 8. drammes make one ounce.
To thus much powder, for biskets
take half a pound of sugar to cast
theron.

Coriander. seedes a quarter of
a pound, sugar 3. pound, Corian-
der seedes halfe a pound, sugar, 3.
drams will make faire comfits.

For biskets, Annis seeds halfe
a pound, Fennel seeds a quarter of
a pound, and sugar two pound suf-
ficeth.

In sixe or eight of the last coats
put in two spoonefuls of sugar ve-
rie hot to make them crispe.

To one pound of sugar take 9.
ounces of water.

55. To

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55 To make a culis as white as snowe,
and in the nature of gelie.

Take a cocke, scalde, wash and drawe him cleane, seethe it in vwhite vvine or rhenish vvine, skū it cleane, clarifie the broth after it is strayned, then take a pinte of thicke and iuueete creame, straine that to your clarified broth, and your broth vwill become exceeding faire and vvhite: then take powdred ginger, fine vvhite sugar & Rose vvater, seething your culis vwhen you season it, to make it take the colour the better.

56. To make Wafers.

Take a pinte of flowr, put it in to a little creame with two yolkes of egges and a little rose vvater, vwith a little searced cynamon and sugar, vvorke them altogether and bake the paste vppon hote Irons.

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57. To make Almond butter.

Blanch your almonds, & beate them as fine as you can with faire water, 2. or three houres, then straine them through a linnen cloth, boyle them with Rosewater whole mace and annis seedes, till the substance be thicke, spreade it upon a faire cloth, dreining the whey from it, after let it hang in the same cloth some fewe houres, then straine it and season it with Rosewater and sugar.

58. A white gelly of Almonds.

Take Rosewater, gum Dragan-
gant dissoluued, or Kinglasse
dissoluued, and some Cinamon
grossely beaten, seethe them alto-
gether, then take a pounde of al-
monds, blanch and beate them
fine with a little faire water, drie
them in a faire cloth; and put
your

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your water aforesaid into the Almonds, seeth them together and stir them continually, then take them, from the fire, whē all is boyled to a sufficient height.

59. To make Leach.

Seeth a pinte of Creame, and in the seething put in some dissolved Isinglas, stirring it vntil it be very thicke, then take a handfull of blanched Almonds, beat them and put them in a dish with your Creame, seasoning them with sugar, and after slice it and dish it.

60. Sweete Cakes without eyther spice or sugar.

Scrape or washe your Parsneps cleane, slice them thinne, drie them vpon Canuas or networke frames, beat them to powder mixing one thirde thereof with two thirds

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thirds of fine wheat flower, make vp your paste into coates, and you shall finde them very sweete and delicate.

61. *Roses and Gillofowres
kept long.*

C ouer a Rose that is fresh, and in the bud, and gathered in a faire day after the dewe is ascended, with the whites of egges well beaten, & presently strew theron the fine powder of scarred sugar, and put them vp in luted pots, setting the pots in a coole place in sand or grauell. With a fillip at any time you may shake off this inclosure.

62. *Grapes growing al the yeare.*

P ut a Vine stalke through a Basket of earth in December, which is likely to beare Grapes, that

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that yeare, and when the Grapes
are ripe, cut off the stalk vnder the
basket (for by this time it hath ta-
ken roote) keepe the basket in a
warme place, and the grapes will
continue fresh and faire a long
time vpon the vine.

63. How to drie Rose leaues, or any other
single flower without wrinkling.

If you would performe the same
well in rose leaues, you must in
rose time make choise of such
roses as are neither in the bud,
nor full blown (for these haue the
smotheſt leaues of al other) which
you must especially cull & choose
from the rest. Then take right
Callis sand, wash it in ſome chāge
of waters, and drie it throughly
well, either in an ouen, or in the
ſunne; and hauing ſhallow, ſquare
or long boxes of 4. 5. or 6. inches
deepe, make firſt an euēn lay of
ſande in the bottome, vpon the
which

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which lay your rose leaues one by one(so as none of them touch other) till you haue couered all the sand, then strewe sand vpon those leaues till you haue thinly couered them all, & the make another lay of leaues as before, and so lay vpon lay, &c. Set this box in some warme place in a hot sunnie day, (and commonly in two hot sunnie dayes they will bee through drie) then take them out carefully with your hand without breaking. Keepe these leaues in Iarre glasses bound about with paper neere a chimney, or stoue, for feare of relenting. I finde the red rose leafe best to be kept in this manner; also take awaye the stalkes of pansies, stocke gilloflowers, or other single flowers, pricke them one by one in sande, pressing downe their leaues smooth with more sande layde euely vpon them. And thus you may haue Rose leaues, and other flowers to lay about your ba-

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basons, windows, &c. all the winter long. Also this secret is very requisite for a good simplifier, because he may drie the leafe of any hearbe in this manner, and lay it being drie in his Herball with the simple which it representeth, wher by hee may easily learne to knowe the names of all simples which he desireth.

64. Clusters of Grapes kept till Easter.

Clusters of grapes hanging vp. On lines within a close presse will last till Easter, if they shrinke you may plumpe them vpp with a little warme water before you eat them. Some vise to dip the endes of the stalkes firt in pitch: some cut a branch of the vine with euerie cluster, placing an apple at each end of the branch, now and then renewinge those Apples as they rot, and after hanging them within a presse or cupboard, which would

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would stand in such a roome (as I suppose) where the grapes might not freez : for otherwise you must be forced now and then to make a gentle fire in the room, or else the grapes will rot and perish.

65. *How to keepe Walnuts a long time plumpe and fresh.*

Make a laye of the drie stamplings of crabs when the ver-juice is pressed from them, couer that lay with Walnuts, and vpon them make another lay of stamplings, and so one lay vpon another till your vessell be full wherein you meane to keepe them. The Nuts thus kept will pill as if they were new gathered from the tree.

66. *An excellent conceit vpon the kernels of drie Walnuts.*

Gather not your walnuts before they be ful ripe, keep the with out

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out anie Art vntill Newyeers tide, then breake the shels carefully, so as you deface not the kernels (& therefore you must make choise of such nuts as haue thinne shels) whatsoeuer you finde to come a-way easilie, remoue it; stiepe these kernels in conduit water, fortie eight houres, then will they swell and grow verie plumpe and faire, and you may pill them easily, and present them to any friende you haue for a Newyeares gift: but being pilled, they must bee eaten within two or three houres, or els they lose their whitenes & beautie, but vnpilled they will last 2. or 3. dayes faire and fresh. This of a kind Gentlewoman, whose skill I doe highly commend, and whose case I doe greatlie pitie; such are the hard fortunes of the best wits and natures in our dayes.

67. How to keepe Quinces in a most excellent maner.

Make

conserving, candying, &c.

Make choise of such as are sound, & gathered in a faire, drie and sunny day, place them in a vessell of wood, containing a firkin or thereabout, then couer them with peny ale, and so let the rest: and if the liquor carrie anie bad scum, after a day or two take it off, euerie 10. or 12. dayes let out your peny ale at a hole in the bottome of your vessell, stop the hole and fill it vp again with fresh peny ale, you may haue as much for two pence at a time as will serue for this purpose, these Quinces being baked at Whitsontide did taste more daintily then any of those which are kept in our vsuall decoctions or pickels.

Also if you take white wine lees that are neat (but then I feare you must get them of the Marchant, for our Tauernes doe hardly affoord anie) you may keepe your Quinces in them verie faire and fresh all the yeare, & therein may you

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you also keepe your barberies both
full and faire coloured.

68 Keeping of Pomegranates.

Make choise of such Pomgranates as are sound and not prickt as they tearme it, lyp them ouer, thinly with wax, hang them vpō nailes, where they may touch nothing, in some cupboard or closet in your bedchamber, wher you keep a continual fire, and euery 3. or 4. daies turn the vndersides vpermoist, & therefore you must so hang them in packthred, that they may haue a bowe knot at either end. This way Pomgranates haue beeene kept fresh till whitsontide.

69 Preseruiring of Artichokes.

Cut off the stalkes of your Artichokes within two inches of the Apple, and of all the rest of the stalkes make a strong decoction

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tion, slicing them into thinne and small peeces , and keepe them in this decoction : when you spende them you must lay them first in warme water , and then in colde, to take away the bitternes of thē. This of M. Parsons, that honest and painetull practicer in his profession.

In a mild & warm winter about a moneth or three weekes before Christmas , I caused great store of Artichokes to bee gathered with their stalkes in their full length as they grewe , and making first a good thicke lay of Artichoke leaues in the bottome of a great and large vesse! I placed my Artichokes one vpon another as close as I could touch them , co uering thē ouer of a pritty thicknesse with Artichoke leaues: these Artichokes were serued in at my table all the Lent after, the apples being red & sound, only the tops of the leaues a little vacēd, which

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I did cut away.

70. Fruit preserued in pitch.

DWayberries that do somewhat
resemble blacke cherries, cal-
led in Latine by the name of *Sala-*
nun latiale, beeing dipped in mol-
ten pitch, being almost cold, and
before it congeale and harden a-
gaine, and so hung vp by their
stalkes, will last a whole yeare Pro-
batur per M. Parsons, the Apothe-
carie. Prooue what other fruites
will also bee preserued in this ma-
ner.

71. To make Cleane Cinnamon sugar.

LAy pieces of Sugar in close
boxes amongst stickes of Ci-
namon, cloues, &c, and in a short
time it will purchase both the taste
and sent of the spice. Pribat. in
cloues.

72. Hasel

Conseruing candying, &c.

72. Hasell Nuts kept long.

A Man of great yeares & experiance assured mee, that Nuts may be kept a long time with full kernels, by burying them in earthen pots well stopt, a foot or two in the ground : they keepe best in grauelly or sandy places. But these nuts I am sure wil yeeld no oile as other nuts will, that waxe drie in the shels with long keeping.

73. Chesnuts kept all the yeare.

A fter the bread is drawne, disperse your Nuts thinly ouer the bottome of the Ouen, and by this meanes the moisture heeing dried vp, the Nuts will last all the yeare: if at any time you perceiue them to relent, put them into your Ouen againe as before.



Secrets in Distillation.

I. How to make true spirit of wine.

Take the finest Paper you can get, or else some Virgine parchment, strayne it verie right and stiffe ouer the glasse bo-die, wherein you put your sacke, malmise or muskadine, oyle the paper or virgin parchment with a pensil moistned in the oilye of Ben, and distill it in the Balneo with a gentle fire, and by this means you shall purchase only the true spirit of wine. You shall not haue aboue two or three ouances at the moste out of a gallon of wine, which ascendeth in the forme of a cloude, without any dewe or veins in the helme,

Secrets in Distillation.

helme, lute all the ioyntes well in
this distillation. This spirit will
vanish in the ayre, if the glasse
stand open.

2. How to make the ordinarie spirit of
wine that is sold for 3. shillings, &
a noble, a pint.

Put sacke, malmesie, or muska-
dine into a glasse bodie, lea-
ving one thirde or more of your
glasse empty, set it in balneo, or
in a pan of ashes, keeping a softe
and gentle fire, drawe no longer
then till all or most part wil burne
away, which you may proue nowe
and then, by setting a spoonefull
thereof on fire with a paper as it
droppeth from the nose or pipe of
the helme, and if your spirit thus
drawn haue any phlegme therin,
the rectify or redistil y spirit again
in a lesser body, or in a bolt recei-
uer in sted of an other body, luting
a small head on the top of the steel

Secrets in distillation.

thereof, and so you shall haue a verie strong spirit, or else for more expedition, distill fife or sixe gallons of wine by a Limbecke, and that spirit which ascendeth afterward, redistil in glasse as before.

3. Spirits of Spices.

Distill with a gentle heat either in balneo, or ashes, the strong and sweete water, wherewith you haue drawn oil of cloues, mace, nutmegs, Juniper, Rosemarie, &c. after it hath stooide one moneth close stopt, and so you shall purchase a most delicate Spirite of each of the saide aromaticall bodies.

4. Spirit of wine tasting of what vegetable you please.

Macerate Rosemarie, Sage, sweet fennell seedes, Marierom, Lemon or Orenge pils, &c. in

SECRETS IN DISTILLATION.

in spirit of wine a day or two, and then distill it ouer againe, vntlesse you had rather haue it in his proper colour: for so you shall haue it vpon the first infusion without any farther distillation, and some young Alchimists doe holde these for the true spirits of vegetables.

5. How to make the water which is vsually called Balmewater.

To euery gallon of claret wine put one pound of green balm Keep that which commeth first & is clearest, by it selfe: and the second & whiter sort which is weakest, and commeth last, by it selfe, distill in a pewter limbecke luted with palte to a brasse pot. Drawe this in May or June whē the herb is in his prime.

6. Rosa-solis.

Take of the hearbe Rosa-solis, gathered in July one gallon,

E 3 picke

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pick out all the black moats from
the leaues , dates halfe a pounde,
Cinamon,Ginger,cloues,of each
one ounce,graines half an ounce,
fine sugar a pound and a halfe,red
rose leaues, greene or dried foure
handfuls, steepe all these in a gal-
lon of good Aqua Composita in
a glasse close stopped with waxe ,
during twentie daies. shake it wel
together once euerie two daies.
Your sugar must be powdred,your
spices brused onely, or grosselie
beaten, your dates cut in long sli-
ces the stones taken awaie. If you
adde two or three graines of Am-
ber greece, and as much muske
in your glasse amongst the rest of
the ingredientes, it will haue a
pleasant smel. Some adde the gum
amber with coral and pearl finely
poudred , and fine leafe golde.
Some vse to boyle Ferdinando
bucke in Rosewater,till they haue
purchased a faire deepe crimson
colour, and when the same is cold,
they

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they colour their Rosa-solis and
Aqua Rubea therewith.

7. *Aqua Rubea.*

Take of muske sixe graines, of
Cinamon and ginger of each
one ounce, white sugar candy one
pounde, pouder the sugar, and
bruse the splices grossely, binde
them vp in a cleane linnen cloth,
and put them to infuse in a gallon
of Aqua cōposita in glasse close
stopped twentie foure houres, sha-
king them togither diuers times,
then put thereto of turnesole one
dram, suffer it to stand one heure,
and then shake altogether, then if
the colour like you after it is set-
led, poure the cleerest forth into
an other glasse: but if you wil haue
it deeper coloured, suffer it to
worke longer vpon the turne-
sole.

E 4

S.D. Stee.

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8. *Steeuens Aqua composita.*

Take a gallō of Gascoign wine,
of ginger, galingle, cinamō,
nutmegs & graines, Annis seeds,
fennel seeds, and carroway seeds.
of each a dram, of Sage, mints, red
Roses, Time, Pellitorie, Rosemary,
wild thime, camomil, lauender, of
each a handfull, braie the spices
small, and bruise the herbs, letting
them macerate 12. houres, stir-
ring it now and then, then distill
by a limbecke of pewter, keeping
the first cleare water that cōmeth
by it self, & so likewise the second.
You shal draw much about a pinte
of the better sort from euery gal-
lon of wine.

9. *Vsquebatb, or Irish aqua vita.*

TO euery gallen of good Aqua
composita, put two ounces of
chosen

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chosen liquorice bruised, and cut into small peeces, but first clenched from all his filth, and two ounces of Annis seed's that are cleane & bruised, let them macerate fve or sixe daies in a wodden Vessel, stopping the same close, and then draw off as much as will runne cleere, dissoluing in that cleare Aqua vi-
tæ fve or six spoonfulls of the best Malassoes you can get, Spanish
cute if you can get it, is thought better then Malassoes, then put this into another vessell; and after three or foure daies (the more the better) when the liquor hath fined it self, you may vse the same: soime adde Dates & Raisons of the sun to this receipt; those groundes which remaine you may redistill and make more Aqua composita of them, & of that Aqua cōposita you may make more Vsque bath.

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10. *Cinnamon water.*

H Auing a Copper bodie or
brasse pot that will holde 12.
gallons, you may well make 2. or
3. gallons of Cynamon water at
once. Put into your body ouer-
night 6.gallons of conduit water,
and twc gallons of spirit of wine,
or to saue charge two gallons of
spirit drawne from wine lees, Ale,
or lowe wine, or sixe pound of the
best and largest Cynamon you can
get, or else eight pound of the se-
cond sort wel brused, but not bea-
ten into pouder: lute your Lym-
beck, & begin with a good fire of
wood & coals, till the vessel begin
to distil, then moderate your fire,
so as your pipe may drop apace,
and run trickling into the recei-
uer, but not blow at anie time: it
hel peth much heerein to keep the
water in the bucket, not too hot,
by often change thereof, it must
neuer

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neuer be so hot but that you may
well indure your finger therein.
Then diuide into quart Glasses
the spirit vwhich first ascendeth,
and vwherein you finde either no
taste or a very small taste of the
Cynamon, then may you boldly
after the spirit once beginneth to
come strong of the cinamō , draw
vntill you haue gotten at the least
a Gallon in the receiver , and
then diuide often by halfe pintes
and quarters of pintes , leaſt you
drawe too long : which you ſhall
knowe by the fayne taste and
milky coulour which diſtilleth
in the ende : this you muſt nowe
and then taste in a ſpoone . Now,
when you haue drawn ſo much
as you finde good, you may adde
thereunto ſo much of your ſpirit
that came before your Cynamon
water, as the ſame will well beare:
which you muſt find by your taste.
But if your ſpirit and your Cina-
mō be both good, you may of the
afore

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aforesaid proportion wil make vp two gallons, or two gallons and a quarte of good Cynamon water. Heere note that it is not amisse to obserue which glasse was first filled with the Spirit that ascended, and so of the second, thirde, and fourth: and when you mix, begin with the last glasse first, & so with the next, because those haue more taste of the Cynamon then that which came first, and therefore more fit to bee mixed with your Cynamon water. And if you meane to make but 8. or 9 pintes at once, then begin but with the halfe of this proportion. Also that spirit which remaineth vnmixed doth serue to make Cynamon wa-
ter the second time. This way I haue often proued & found most excellent: take heede that your Limbecke be cleane and haue no maner of sent in it, but of wine or Cynamon, and so likewise of the glasses, funnelles and pots which you

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you shall vse about this worke.

II. How to distill Isp, thyme, lavender,
Rosemary, &c. after a new and excel-
leit manner.

Hauing a large Pot containing
12. or 14 gallons, with a Lim-
becke to it, or else a copper body
with a serpentine of 20 or 24. gal-
lons, and a copper heade , beeing
such a vessell as is commonly vied
in the drawing of Aqua vitae , fill
two partes thereof with faire wa-
ter, and one other thirde part
with such hearbes as you woulde
distill , the hearbes being eyther
moist or drie it skilleth not great-
ly whether, let the hearbes mace-
rate all night, and in the morning
begin your fire, then distil as be-
fore in Cinamon water , beeing
carefull to giue change of waters
to your colour alwaies as it nee-
deth: drawe no longer then you
seele a strong and sensible taste of
the

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By hearb which you distill, alwayes
diuiding the stronger from the
weaker, and by this meanes you
shall purchase a water farre excelling
any that is drawen by a com-
mon pewter still: you may also ga-
ther the oyle of each hearb which
you shall finde fleeting on the top
or summyt of your water: This
course agreeth best with such
herbs as are not in taste, and will
yeeld their oile by distillation,

12 How to make the salt of hearbs.

Bvrne whole bundles of dryed
Rosemary, Sage, Isop, &c; in a
cleane ouen, and when you haue
gathered good store of the ashes
of the hearb, infuse warme water
vpon them, making a strong and
sharpe Lee of those ashes, then e-
vaporate that Lee, & the residēce
or setling which you finde in the
bottō therof, is the salt which you
seek for. Some yse to filter this lee
diuers

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diuers times before euaporation,
that their salt may be the clearer
and more transparēt. This salt ac-
cording to the nature of the hearb
hath great effects in physicke.

I3. Spirit of honey.

P Ut one part of honey to 5. parts
of water, when the water boi-
leth, dissolve your honey therein,
skimme it, and hauing sodden an
houre or two, put it into a wodden
vessell, and when it is but b'oud
warme, set it on worke with yeaste
after the vsuall manner of Beere
and Ale, tun it, and when it hath
lyen some time, it will yeelde his
spirit by distillation; as wine,beer
and ale will do.

*I4. To distil Rosewater at Michaelmas
and to haue a good yeeld as at any o-
ther time of the yeare.*

In

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IN the pulling of your Roses, first
divide all the blasted leaues, the
take the other fresh leaues, and
lay them abroad vpon your table
or windowes with some cleane
linnen vnder them, let them ly 3.
or foure houres, or if they bee
dewy vntil the dewe be fully vani-
shed, put these rose leaues in great
stone pottes, hauing narrowe
mouthes, and well leaded within,
(such as the Goldfiners call their
hookers, & serue to receiue their
Aqua fortis, bee the best of all o-
thers that I know) and when they
are well filled, stop their mouthes
with good corkes, eyther coue-
red all ouer with waxe or molten
brimstone, and then set your pot
in some coole place, and they wil
keepe a long time good, and you
may distill them at your best lea-
sure. This waie you may distill
Rosewater good cheape, if you
buy store of Roses, when you find
a glutte of them in the market,
wher-

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wherby they are sold for 7. pence or 8. pence the bushell, you then engrosse the flower : And some hold opinion, that if in the midst of these leaues you put some broken leauen, and after fill vp the pot with Rose leaues to the top, that so in your distillatio of them you shal haue a perfect Rose vine-gar without the addition of anie common vinegar. I haue knownen Resealeaues kept well in Rondlets, that haue been first well seasoned with some hote liquior and Rose leaues boiled togither, and the same pitched ouer on the out side, so as no aire might penetrate or pearce the vessell.

15. A speedy distillation of Rosewater.

STAMPE the leaues, and first distill the juice being expressed, and after distil the leaues, and so you shall dispatch more with one Stil, then others do with three or foure

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foure stils. And this water is euerie way as medicinable as the other, seruing in all srrups, decoc- tions, &c. sufficiently, but not altogether so pleasing in smell.

16. How to distill wine vinegar or good Aligar, that it may bee both clear & sharpe.

I Knowe it is an vsuall manner among the Nouices of our time to put a quart or two of good vi- negar into an ordinary leadē still, and so to distill it as they do all other waters. But this way I do vtterly dislike, both for that heere is no seperation made at all, and also because I feare that the Vinegar doth cary an ill touch with it, ei- ther frō the leaden bottō or pew- ter head or both. And therefore I coulde wish rather that the same were distilled in a large bodie of glasse with a head or receiuer, the same being placed in sande or a- shes.

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shes. Note that the best part of the vinegar is the middle part that ariseth, for the first is fainte and phlegmatick, and the last wil taste of aduision, because it groweth heauie toward the latter end, and must be vrged vp with a great fire, and therefore you must nowe and then taste of that which commeth both in the beginning & towards the latter end, that you may receiue the best by it selfe.

*17. How to draw the true spirit of roses,
and so of all other herbes and flowers.*

Macerate the Rose in his own
juice, adding thereunto be-
ing téperately warm, a conuenient
proportion either of yeast or fer-
ment, leaué thé a few daies in fer-
mentation, till they haue gotten a
stróg & heady smel, beginning to
incline toward vinegar, thé distill
them in balneo in glas bodies lu-
ted to their helms (happily a lim-
beck)

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becke wil do better and rid faster) and drawe so long as you find any sent of the Rose to come, then re distill or rectifie the same so often till you haue purchased a perfect spirit of the Rose. You may also ferment the iuice of Rosles onelie, and after distill the same.

18. An excellent Rosewater.

Vpon the top of your glasse bo die, straine a haire cloth, and vpon that lay good store of Rose leaues, ei her drie, or halfe drie, and so your water will ascend verie good both in smell and in colour. Distill either in balneo, or in a gentle fire in ashes, you may re iterate the same water vppon fresh leaues. This may also be done in a leaden Still, ouer which by reason of the breadth you may place more leaues.

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19. An excellent wry to make the extract of all Vegetables.

Xpresse a good quantity of the
Juice thereof, set it on the fire,
and giue it onely a walme or two,
then it will grow cleere : before it
be cooled, pour away the cleerest,
filter with a peece of cotton, and
then euaporate your filtered iuyce,
till it come to a thicke substance,
and thus you shal haue a most ex-
cellent extracte of the Rose, Gil-
lofower, &c. with the perfect sent
and taste of the flower, whereas
the common waie is to make the
extracte eyther by spirit of wine
faire water, the water of the plant,
or some kind of menstruum.

20. To make a water fme'ling of the Eg-
lanine, Gillofowers, &c.

Drie the hearbe or flower, and
distill the same in faire water
in

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in a limbecke, draw no longer the
you find sent in the water that is-
sueth, reiterate that water vpon
fresh herbes, and distil as before,
diuiding the sweetest frō the rest.

21. A Scottish handwater.

Put thyme, Lauender, and Rose-
mary confusedly together, the
make a lay of thicke wine Lees in
the bottom of a stone pot, vpon
which make an other laye of the
said hearbes, & then a lay of Lees,
and so forwarde, lute the pot wel,
bury it in the ground for 6. weeks
distill it, & it is called Dames wa-
ter in Scotland. A little therof put
into a bason of a cōmon water ma-
keth very sweet washing water.

22. How to draw the bloud of hearbes.

STAMPE the hearb, put the same
Sinto a large glasse, leauing two
parts empie (some commend the
juice

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inice of the hearbe onely) nip or
else lute the glasse very wel, digest
it in balneo. 15. or 16. daies , and
you shall finde the same very red,
diuide the watrish part, and that
which remaineth is the bloud or
essence of the hearb.

23 . Rosewater, and yet the Roseleaves
not discoloured.

You must distill in balneo, and
whē the bottom of your pew-
ter Still is through hotte, put in a
fewe leaues at once and distill
them : watch your Still carefully,
and as soone as those are distilled
put in more. I know not whether
your profit will requite your la-
bour , yet accept of it as a newe
conclusion.

24. How to recover Rosewater, or any
other distilled water that hath got-
ten a mother , and is in daunger to
be musty.

Infuse

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Infuse your water vpon fresh Rose leaues, or vpon Rose cakes broken all in peeces, and then after maceration for three or foure houres with a gentle fire, redistill your water. Do this in a Limbeck, take heed of drawing too long for burning, vnlesle your Limbecke stand in balneo.

25. To draw both good Rosewater, and
oyle of Roses together.

After you haue digested your Rose leaues by the space of 3. moneths, *sicut ante, nam. 13.* eyther in barrels or hookers, then distill the with faire water in a limbeck, draw so long as you finde anie excellent smellof the Rose, then diuide the fatty oyle that fleeteth on the top of the Rose water, and so you haue both excellent oyle of Roses, and also good Rosewater together, and you shall also haue more water then by the ordinarie waie,

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way, and this Rosewater exten-
deth farther in physicall composi-
tions, and the other serueth best
for perfumes and casting bottles.
You may also distill the oyle of
Lignum Rhodium this way, sauing
that you shall not neede to mace-
rate the same aboue 24 houres in
your water or menstruum before
you distill; this oyle hath a
most pleasing smell in a
manner equall with
the oyle of
Roses.

F Coo-



COOKERIE AND Huswiferie.

1. To sauce a yong Pig.

Take a yong Pigge being scalded, boile it in faire water and white wine, put therto some Baye leaues, some whole Ginger, and some Nutmegs quartered, a fewe whole cloues, boyle it throughly, and leauue it in the same broath in an earthen pot.

2. Aliter.

Take a Pig beeing scalded, col-
le him vppe like brawne, and
lap your collers in faire cloathes:
when the flesh is boyled tender,
take

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take it out, and put it in colde wa-
ter and salt, and that wil make the
skin white, make sowring drinke
for it, with a quart of white wine,
and a portle of the same broth.

*3 To boyle a flunder or Pickerel, of the
French fashion.*

Take a pinte of white wine, the
tops of young rime and Rose-
mary, a little whole mace, a little
whole pepper seasoned with Ver-
juice, salt, and a peece of sweete
butter, and so serue it : this broth
will serue to boyle Fish twise or
thrise in.

4. To boile Sparrowes or Larks.

Take two ladles full of mutton
broth, a little whole mace,
put into it a peece of sweet butter
a handful of Parsly being picked,
season it with sugar, verjuice, and
a little pepper.

Cookery and Huswifery.

5. To boyle a Capon in white broth.

Boyle your Capon by it selfe in faire water, then take a ladlefull or two of mutton broth and a little white wine, a little whole mace, a bundle of sweete hearbs, a little marrowe, chicken it with Almonds, season it with sugar, and a little veriuyce, boyle a fewe currans by themselves, and a Date quartered, leastyou discolor your broth, and put it on the breast of your Capon, Chicken or Rabbet: if you haue no Almonds, chicken it with Creame, or with yolkes of egges, garnish your dishes on the sides with a Lemmon sliced & sugary.

6. To boyle a Mallard, Teale, or Wigin.

Take mutton broth, and put it into a pipken, put into the belly

Cookerie and Huswiferie.

belly of the soule a fevve sweete
hearbes and a little Mace , sticke
halfe a dozen of Cloues in his
breast, thicken it with a toste of
bread stieped in veriuice, season
it with a little pepper, and a little
Sugar , also one Onion minced
small is very good in the broth of
any water foule.

7. To boyle a legge of Mutton after the
French fashion.

Take al the flesh out of your leg
of mutton, or at the but end,
preseruing the skinne whole, and
mince it small with Oxe fuet, and
marrow, then take grated bread,
sweete Creame , and yolkes of
egges, and a fewe sweete hearbes,
put vnto it Currans, and Raisins
of the sunne , season it with Nut-
meggs, Mace, Pepper, and a little
sugar , & so put it into the leg of
Mutton againe where you tooke
it out, and stew it in a pot with a

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marrowbone or two ,serue-in the marrowe bones with the stewed broath and fruite , and serue-in your legge of mutton drye with carot rootes sliced , & cast grosse pepper vpon the rootes .

8. To boyle Pigs petites on the French fashion.

B Oyle them and slice them, being firt rolled in a little batter, your batter being made with the yolke of an egge, two spoonfuls of sweete creame, and one spoonfull of flower, make sawce for it with Nutmeg,vinegar and sugar.

9. To boyle Pigeons with rice.

B Oyle them in mutton broath, putting sweete hearbes in their bellies,then take a little Rice and boyle it in Creame, with a little whole mace, season it with sugar, lay

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lay it thick on their breasts, wringing also the juice of a Lemmon vpon them, and so serue them.

10. To boyle a chine of veale, or a chicken in sharpe broth with herbes.

Take a little muttō broth, white wine and veriuyce, and a little whole mace, the take lettuce, Spinaige, and Parsley, and bruile it, & put it into your broth, seatoning it with veriuice, pepper and a little sugar, and so serue it.

11. To make Beaumanger.

Take the brawne of a Capon, toase it like wool, then boile it in sweete Cream with the whites of two egges, and beeing well boyled, hang it in a cloth, and let the whey run from it, then grinde it in an Alabaster mortat with a wooden pesteell, then drawe it thorough a thinne Strayner

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with the yolks of two egges, and a little Rosewater, then set it on a chafing dish with coales, mixing foure ounces of sugar with it, and when it is cold dish it vp like Almond butter, and so serve it.

18. To make a Polonian sawsedge.

Take the fillets of an hog, chop them verie small with a handfull of red sage, season it hot with Ginger and pepper, and then put it into a great sheepe's gut, then let it lie three nights in brine, then boyle it and hang it vp in a chimney where fire is vsually kept, and these sawfedges will last one whole yeare. They are good for sallades, or to garnish boyled meates, or to make one relish a cup of wine.

13. To

Cookery and Huswiferie.

13. To make tender and delicate
Brawne.

Put collars of brawne in kettles
of water or other apt vessels,
into an ouen heated as you would
for houesold bread, couer the ves-
sels, & so leauue them as long in the
ouen as you would doe a batch of
bread. A late experiance amongst
gentlewomen farre excelling the
olde manner of boyling brawne in
great & huge kettles. Quere if put-
ting your liquor hot into the ves-
sels, and the brawne a little boiled
first, if by this meanes you shal not
giue greate expedition to your
worke.

14. Paste made of fysh.

Incorporate the bodie of salt-
fish, Stockfish, Ling, or any fresh
fish that is not full of bones, with
crums of bread, flower, Isinglassse,

F 5

&c.

Crokery and Huswiferie.

&c. and with proper spices agreeing with the nature of euerie severall fish, and of that paste molde off the shapes & forms of little fishes: as of the Roch, Dace, Perch, &c. and so by arte you may make many little fishes out of one great and naturall fish.

15. How to barrell vp Oysters, so as they shall last for sixe moneths sweete and good, and in their naturall taste.

Op̄ your oysters, take the licor of the, and mixe a reasonable proportion of the best white wine vineger you can get, a little salt &c some pepper, barrell the fish vp in small caske, couering all the Oysters in this pickle, and they will last a long time ; this is an excellent meanes to conuey Oysters vnto drie townes, or to carie them in long voyages.

16. How

Cookery and Huswifarie.

16. How to keepe fresh Salmon a whole moneth in his perfect taste and delicacie.

First seeth your Salmon according to the vsuall manner, then sinke it in apt and close vessells in wine vinegar with a braunch of Rosemarie therein. By this means Vintners and Cookes may make profit thereof when it is scarce in the markets, & Salmon thus prepared may be profitably brought out of Ireland and sold in London or else where.

17. Fish kept long, and yet so eate shorte and delicately.

Frie your fish in oyle, some commend Rape Oyle, and some the swet Sowill Oyle that you canne get, for the fish will not taste at all of the Oyle because

Coo'ry and Huswiferie.

because it hath a wattrish bodie, & oyle and water make no true vni-ty, then put your fish in white wine vinegar, and so you may keepe it for the vse of your Table any rea-sonable time.

18. How to keepe roasted Beefe a long
time sweete and wholesome.

THIS is also done in wine vine-gar, your peeces being not ouer great, & well and close barrel-led vp: this secret was fully proued in that honourable veyage vnto Cales.

19. How to keepe powdered beeſe fift
or ſix weekes after it is ſoddin, with-
out any charge.

Vhen your beeſe hath beene well & thorowly powdred by tenne or twelue dayes ſpace, then ſeeth it throughly, dry it with

Cookery and Huswiferie.

a cloth, and wrap it in dry clothes placing the same in close vessels and Cupboards, and it will keepe sweete & sound two or three moneths, as I am credibly informed from the experience of a kinde & louing friend.

20. A concept of the Authors, how beefe may be carried at the sea, with out that strong and vrulent impression of salt whch is vsually purchased by long and extreme powdring.

Here with the good leave & faubour of those curteous gentlewomen, for whome I did principally if not only intend this little treatise; I will make bold to lanch a little from the shoare, and trye what may bee done in the yalte and wide Ocean, and in long and dangerous voyages, for the better preseruation of such vsuall viuals, as for want of this skill do

Cookery and Huswifery &c.

doe oftentimes merely perish,
or else by the extreme pearcing
of the salte, doe lose euен their
nutritiue strength and vertue: &
if any future experience doe hap-
pen to controll my present con-
ceipt, let this excuse a scholler,
quod in magnis est voluisse satis. But
now to our purpose, let all the
bloud bee first well gotten out of
the beefe, by leauing the same
some nine or tenne dayes in our
vsuall brine, then barrell vp all the
peeces in vessells full of holes, fa-
stening them with ropes at the
sterne of the ship; and so dragging
them through the salte sea water
(which by his infinite change and
succession of water will suffer no
putrifaction, as I suppose) you
may happily find your beefe both
sweete and sauourie enough when
you come to spend the same. And
if this happen to fall out true vpon
some triall thereof had, then . ci-
ther at my next impression; or
when

Cookery and Huswifarie.

when I shall bee vrged thereunto
vpon any necessitie of seruice, I
hope to discouer the meanes also
wherby euētie Shippe may carry
sufficient store of victuall for her
selfe in more close and conuenient
cariages then those looke ves-
sels are able to performe. But if I
may be allowed to carie either
roasted or sodden flesh to the sea,
then I dare aduenture my poore
credit therein to preserue for six
whole moneths together, either
Beefe, Mutton, Capons, Rabbets,
&c. both in a cheape manner, and
also as fresh as wee doe now vsu-
ally eat them at our Tables. And
this I hold to be a most singular &
necessarie secret for all our Eng-
lish Nauie; which at all times vp-
pon reasonable termes I will bee
ready to disclose for the good of
my country.

21. How

Cookery and Huswifery &c.

21. How to make sundry sortes of most
daintie butter, having a lively taste
of Sages, Cynamon, Nutmegs, Mace,
&c.

This is done by mixing a fewe
drops of the extracted oyle of
Sage, Cynamon, Nutmegs, Mace,
&c, in the making vp of your but-
ter: for oyle and butter will incor-
porat and agree very kindly and
naturallie together. And how to
make the said oyles, with all neces-
sarie vessels, instruments & other
circumstances by a most plaine &
familiar description, See my Lew-
ell house of Art and nature vnder
the Title of distillation.

22. How to make a larger and daintier
Cheese of the same proportion of milk
then is commonly vsed or knowne by
any of our best dairiewomen at this
day.

Hauing

Cookerie and Huswiferie,

Having brought your milke into curds by ordinarie rennet, either breake them with your handes according to the vsuall manner of other cheeses, and after with a fleetting dish, taking away as much of the whey as you can, or els put in the curds, without breaking, into your moate, let them so repose one hour, or two, or three; and then to a cheese of two gallons of milk, ad a waight of tenne or twelue pound, which waight must rest vpon a couer, that is fit with the moate or case wherein it must truly descende by degrees as you increase your waight, or as the curdes doe sink and settle. Let your curdes remaine so all that daye and night following vntil the next morning and then turne your cheese or curds, & place your waight again theron, adding from time to time some more small waight as you shall see cause. Note that you must lay

Cookery and Huswifarie.

lay a cloath both vnder and ouer your curdes at the least, if you will not wrap them all ouer as they do in other cheeses, changing your cloth at euerie turning. Also if you will worke in any ordinary moat, you must place a round and broade hoope vpon the moat, being iust of the selfe same bignesse or circumference , or else you shall make a verie thinne cheele. Turne these cheeses euerie morning and euening, or as often as you shall see cause , till the whey bee all run out, and then proceed as in ordinarie Cheeses . Note that these moates would be full of holes , both in the sides and botome, that the whey may haue the speedier passage . You may also make them in square boxes full of holes , or else you may devise moates or cases either rounde or square of fnewicker, which hauing wicker couers, may by some flight be so stayed, as that you shall neede

Cookerie and Huswifrie.

neede only morning and euening
to turne the wrong side vpwarde,
both the bottomes beeing made
loose and so close, and fitting, as
they may sinke truely within the
moate or molde, by reason of the
waight that lyeth thereon. Note
that in other cheeses the couer of
the moat shutteth ouer the moat:
but in these the couers deſced &
fall within the moates. Also your
ordinarie cheeses are more ſpon-
gious and full of eyes then these,
by reason of the violent preſſing
of them, wheras these cheeses ſet-
ting gently and by degrees, do cut
as close and firme as marmalade.
Also in those cheeses which are
preſſed out after the uſuall maner,
the whey that commeth frō them,
if it ſtande a while, will carrie
a Creame vpon it, whereby the
cheeſe muſt of necessitie be much
leſſe, and as I gheſſe by a fourth
parte, wheras the wheye that
commeth from theſe new kind of
cheeſe.

Cookery and Huswiferie.

cheeses is like faire water in color and caryeth no strength with it. Note also that if you put in your curdes vnbroken, not taking away the whey that issueth in the breaking of the, that so the chee-ses will yet bee so much the greater: but that is the more troublesome way,because the curds being tender will hardly endure the turning,vnlesse you be verie carefull. I suppose that the Angelotes in Fraunce may bee made in this manner in small baskets , and so likewise of the Parmeesan ; and if your whole cheese consist of vn flatten milke, they will be full of butter and eate most daintily, being taken in their time , before they be too dry,for which purpose you may keepe them when they begin to growe dry , vpon greene rushes or nettles. I haue robbed my wifes Dairy of this secret, who hath hitherto refused all recom-pences that haue beene offered her

Cookery and Huswifery.

her by Gentlewomane for the same:
& had I loued a cheese my selfe so
well as I like the receipt, I thinke
I should not so easily haue impar-
ted the same at this time. And
yet I must needes confess, that for
the better gracing of the Title
wherewith I haue fronted this
pamphlet, I haue beene willing to
publish this with some other se-
crets of worth, for the which I
haue many times refused good
store both of Crownes and An-
gels: and therfore let no Gentle-
woman think this booke too dear,
at what price soever it shall be va-
lued vpon the sale thereof, neither
can I esteeme the worke to be of
lesse then twentie yeeres gathe-
ring.

23. Coured creame.

Take your milke heeing newe
milked; and presently set it
vpon the fire from morning vntil
the

Cookery and Huwifery.

the euening, but let it not seethe :
and this is called my Lady Younges
clowted creame.

24. *Flesh kept sweet in summer.*

You may keepe veale, mutton,
or venison in the heat of sum-
mer 9. or ten daies good , so as it
be newly & faire killed , by han-
ging the same in an high and win-
die roome (And therefore a plate
cupboard full of holes , so as the
wind may haue a through paßage
would be placed in such a roome ,
to auoide the offence of fly-blowes)
this is an approued secret , easi-
and cheap , and very necessary to
be known and practised in hote &
tainting weather. Veale may bee
kept ten daies in bran.

25. *Mustard meale.*

IT is vsuall in Venice to sell the
meale of Mustarde in their mar-
kets

Cookery and Hufwifery.

kets, as we do flower and meale in England : this meale by the addition of vinegar in two or three dayes becometh exceeding good mustard, but it would bee much stronger and finer, if the husks or huls were first diuided by searce or boulter, which may easily bee don, if you drie your seeds against the fire before you grind the. The Dutch iron handmils, or an ordinarie pepper mill may serue for this purpose. I thought it verle necessarie to publish this manner of making of your sauce, because our mustard which wee buy from the Chandlers at this daye is manie times made vp with vile and filthy vinegar, such as our stomak would abhorre if we should see it before the mixing therof with the seedes.

26. How to auoid smoke, in broyling, of Bacon, Carbonado, &c.

Make little dripping pans of paper,

Cookery and Hu/wise y.

paper; pasting vp the corners with starch or paste, wet them a little in water, but Pope *Pius Quintus* his Cooke will haue them touched ouer with a feather first dipped in oyle or molten butter, lay them on your gridiron, & place theroin you: slices of bacon, turning the same as you see cause. This is a clearly way, and auoydeth all smoke. In the same manner you may also broile thin slices of Polonian sawfedges, or great oysters, for so were the Hopes Oysters dressed. You must be carefull that your fire vnder the gridiron flame not, least you happen to burne your dripping pannes, and therefore all colebrands are here secluded.

47. The true bottling of beere.

When your Beere is tenne or twelve dayes old, whereby it is growne reasonable cleare, then

Cookerie an l Huswiferie,

then bottle it, making your corkes
verie fitte for the bottles, and stop
them close, but drinke not of this
beere till they beginne to worke a-
gaine and manile, and then you
shall finde the same most excellent
and sprightly drinke: and this is the
reason why bottle ale is both so win-
die and muddy, thundring & smo-
king vpon the opening of the bot-
tle, because it is commonly bottled
the same day that it is laide into the
Cellar, whereby his yeast being an
exceeding windie substance, beeing
also drawne with the Ale not yet fi-
ned, doth incorporate with the
drinke, and maketh it also verie
windie, and this is all the lime and
gunpowder wherewith bottle Ale
hath beeene a long time so wrong-
fully charged.

*28. How to helpe your bottles when
they are mustie.*

*S*ome put them in an ouen when
G the

Cookery and Huswifery.

the breade is newly drawen, closing vp the oven, and so let them rest till morning. Others content themselves with scaulding them in hotte liquor onely till they bee sweete.

*19. How to break whites of
Eggs speedily.*

A Figge or two shred in peeces, and then beaten amongst the whites of egges will bring them into an oyle speedily: some breake them with a stubbed rod, & some by wringing them often through a spoonge.

30. How to keepe flies from oyle peeces.

A Line limed ouer and strained about the crest of oyle peeces or pictures, will catch the Flyes, that woulde otherwise deface the Pictures. But this Italian conceipt both for the rarenesse and

Cookery and Huswifery.

use thereof doth please me aboue
all other; viz, Pricke a Cowcumber
full o ; barley cornes with the
small spiring ends cutward, make
little holes in the Cowcumber
first with a wodden or bone bod-
kin, and after put in the graine,
these being thicke placed will in
time couer all the Cowcumber,
so as no man can discerne what
strange plant the same should bee.
Such Cowcumbers are to bee
hung vp in the middest of Sum-
mer r oomes to drawe all the flies
vnto the , which otherwise would
fie vpon the Pictures or hang-
ings

31. To keepe Lobsters, Croffishes, &c.
sweet and good for some fewedayes.

These kin.lis of fish are noted to
be of no durabilitie or lasting
in warme weather, yet to pro-
long their dayes a little, though
I feare I shall raise the price of

G 2 them

Cookery and Huswiferie.

them by this discouerie amongst
the fishmongers (who onely in re-
spect of their speedie decay doe
now and then afford a peniworth
in them) if you wrappe them in
sweete and course rags first moi-
stened in brine, and then burie
these cloathes in Callis sand, that
is also kept in some coole and
moist place, I know by mine owne
experience that you shall finde
your labour well bestowed, and
the rather if you lay the in seve-
rall clothes, so as one doe not
touch the other.

32. Divers excellent kindes of
bottle Ale.

I Cannot remember that euer I
did drinke the like sage ale at a-
ny time, as that which is made by
mingling two or three droppes of
the extracted oyle of sage with a
quart of Ale, the same beeing well
bruued out of one pot into ano-
ther,

Cookery and Huswifery.

ther: and this way a whole Stand
of sage ale is very speedily made.
The like is to bee done with the
ayle of Mace or Nutmegs. But if
you will make a right gossips cup
that shall farre exceed all the Ale
that euer mother *Bunch* made in
her life time, then in the bottling
vp of your best Ale, tunne halfe a
pinte of white Ipocras that is
newly made, and after the best re-
ceipt, with a pottle of Ale, stoppe
your bottle close, and drinke it
when it is stale: Some commend
the hanging of roasted Orenges
prickt full of Cloues in the vessell
of Ale till you find the taste ther-
of sufficiētly graced to your own
liking.

33. How to make wormewood wine
verie speedily and in great quantity.

TAKE small Rochell or Coniack
wine, put a few droopes of the
G 3 extra.

Crokerie and Huswifery.

extracted oile of wormwood ther-
in, brewe it togither (as before is
set down in bottle ale) out of one
pot into an other, and you shall
haue a more neate and wholelom
wine for your body, the that which
is solde at the Stillyard for right
wormwood wine.

34. Rosewa'er and Rosevinegar of the co-
lour of the Rose, and of the Cowslip,
and violet vinegar.

If you woulde make your Rose-
water and Rose vinegar of a Ru-
bie color, then make choise of the
crimson velvet coloured leaues,
clipping away the whites with a
paire of sheeres, & being through
dryed, put a good large handful of
them into a pinte of Damaske or
red rosewater, stop your glasse wel
& set it in the sun, til you see that
the leaues haue lost their colour.
Or for more expedition you may
performe this worke in balneo in

Cookery and Huswifery.

a few houres, and when you take out the olde leaues, you may put in fresh till you finde the color to please you. Keep this Rosewater in glasses very well stopt, the fuller the better. What I haue said of Rosewater, the same may also be intended of Rose vinegar, violet, marigolde, and cowslip vinegar, but the whiter vinegar you chuse for this purpose, the colour therof will be the brighter, and therefore distilled Vinegar is best for this purpose, so as the same bee warily distilled with a true diuision of parts, according to the manner expressed in this booke in the distillation of vinegar,

35. To keepe the iuice of Oranges and Lemmons all the yeare for sauce, Juleps and other purposes.

Expresse their iuyce, and passe it through an Ipocrasse bagge to clarifie it from his impurities.

Cookery and Huswifery.

then fill your glasse almoſt to the top, couer it cloſely, and let it ſtand ſo till it haue done boyling; then fill vp your glaffe with good ſallet oyle, and ſet it in a coole cloſet or butterie where no Sun commeth; the apteſt glafes for this purpoſe are ſtraight vpright ones, like to our long beere glafes, which would bee made with little round holes within two inches of the bottome to receiuē apt fawcets, & ſo the grounds or lees would ſettle to the bottome, and the oyle would ſinke downe with the iuste ſo cloſely that all putrefaſtion would be auoyded: or in ſteede of holes if there were glaffe pipes it were the better & readyer way, because you ſhall hardly fasten a fawcet well in the hole. You may alſo in this manner preſerue many iuyces of hearbes and flowers.

And because that proſite and ſkill vniited do grace each other,

if

Cookery and Huswifarie.

if curteous Ladies you will lend
eares and followe my direction; I
will heere furnish a great number
of you (I woulde I coulde furnish
you all) with the iuice of the best
ciuill Orengeſ at an easie price,
About Alhallontide or soone af-
ter you may buy the inward pulpe
of ciuill Orēges wherin the juice
resteth, of the comfetmakers for
a small matter, who doe onely or
principally respect their rindes to
preserue and make Orehgeadoes
withall, this iuice you may pre-
paire and preserue as before.

36. Howe to purifie and giue an ex-
cellent smeli and taste unto ſal-
oyle.

¶ Vefallſt Oyle in a Veffell of
wood or earth, hauing a hole
in the bottome, to euery 4 quarteſ
of water adde one quarte of oyle,
and with a woodden ſpoone or
ſpattele

Cookery and Huswiferie.

spattle beate them well togither
for a quarter of an houre, then
let out the water, preuenting the
oyle from issuing by stopping of
the hole; repeate this worke two
or three times; and at the last you
shall finde your oyle wel censed or
clarified. In this maner you may
also clarifie capons grease, being
first melted, and workinge with
water. All this is borrowed
of M. Bartolomeus Scapini the Mai-
ster Cook of Pope Pius Quintus his
priuie kitchen. I thinke if the last
agitation were made in Rosewa-
ter, wherin also cloues or Nut-
megs had been macerated, that
so the oyle woulde bee yet more
pleasing.

Or if you set a lar glasse in bal-
neo full of sweete oyle with some
store of bruised cloues, and rindes
of ciuill Oranges or Lemmons al-
so therdin, and so continue your
fire fortywo or three houres, and
then letting the Cloues & rindes
remain

Cookery and Huswiferie.

remain in the oile til both the sent
& taste do please you : I think ma-
ny men which at this day do loath
oile (as I my selfe did not long
since) woulde be easily drawen to
a sufficient liking thereof.

37. How to clarifie without any distil-
lation both white and claret wine
vinegar for gellies or sauces.

TO euerie sixe pintes of good
wine vinegar, put the whites
of two new laid Egges wel beate,
then put all into a new leaden
pipkin, & cause the same to boyle
a little ouer a gentle fire, then let
it run through a course gelly bag
twise or thrise, and it vwill be ve-
ry clear, and keep good one whole
yeare.

38. To make a most delicate white saute
for the table.

First calcine or burn your white
salte,

Cookery and Huswifery.

salt, the dissolve it in cleare conduit water, let the water stand without stirring, fortie eight houres, then carefully drawe away all the cleare water only, filter it, & after evaporate the filtered liquor, reseruing the salt. Some leauue out calcination.

39. A delicate Candle for a Ladies Table.

Cause your Dutch Candles to be dipped in Virgin wax, so as their last coate may be meerly waxe, and by this meanes, you may carrie them in your hande without melting, and the sent of the tallow will not break through to give offence, but if you would haue them to resemble yellowe waxe candles, then first let the tallow be colored with Turmericke boyled therein, and strained, and after your Candles haue heene dipped therein to a sufficient great-

Cookery and Huswifery.

greatnesse, let them take their last coate from yellow waxe, this may be done in a great round Cane of tinne plate, hauing a bottome, & being somewhat deeper then the length of your candles: & as the wax spendeth, you may still supply it with more.

40. How to hang your candles in the aire without candlestickes.

This will make a strange shewe to the beholders that knowe not the conceite, it is done in this manner: Let a fine Virginall wier be conueied, in the midst of evertie weeke and left of some length aboue the Candle to fasten the same to the postes in the roose of your house, and if the roome be any thing high roosed, it will be hardly discerned, and the flame though it consume the tallow, yet it will not melt the wier.

cookerie and Huswifery,

41. Rose Vinegar made in a new
manner.

Macerate, or steep Rose-
leaves in faire water, let
them lye therein, til they wax
soure in smell, and then
distill the water.

Sweete

SWEETE POW-
ders, oyntments,
beauties, &c.

1. An excellent damask powder

Take of yreos halfe a pound.
Rose leaues 4. ounces, cloues
one ounce, lignum Rhodium two
ounces, Storax one ounce and a
halfe, muske and ciuer of each 10
grains, beat and incorporate þis
well together.

*2. An excellent handwafer or washing
water very cheape.*

Take a gallon of faire water,
one handful of Laueder flow-
ers, a few cloues, and some orace
powder,

Sweete powders.

powder, and foure ounces of Beniamin; distill the water in an ordinarie leaden still: You may distill a second water by a newe infusion of water vpon the feces, a little of this will sweeten a bason offaire water for your table.

3. A ball to take ou: staines
from linnen.

Take foure ounces of white hard Soape, beate it in a morter with two small Lemmons sliced, and as much roche allome as an hasell Nut, roll it vp in a ball, rub the staine therewith, and after fetch it out with warme water if neede be.

4. A sweete and delicate
Pomander.

Take two dunces of Labdanū, of Beniamin and Storax one ounce, muske sixe graines, ciuet sixe

Ointments, beauties, &c.

sixe graines, Amber greece sixe
graines, of Calamus Aromaticus
and Lignum Aloes, of each the
waight of a groat, beat all these in
a hote mortar, and with an hote
pestell till they come to paste, then
wet your hand with rose water, &
roll vp the paste sodainly.

5. To take staines out of ones hands
presently.

This is done with the iuyce of
Sorrell, washing the stained
place therein.

6. To take away spots and freckles frō
the face or hands.

The sappe that issueth out of a
Birch tree in great aboun-
dance, being opened in March or
Aprill, with a receiuer of glasse set
vnder the boring thereof to re-
ceiue the same, doth perform the
same

Sweete powders.

same most excellently & maketh
the skin very cleare. This sap will
dissolute pearl, a secret not known
vnto many.

*7. A white fucus or beauty for
the face.*

THe iawe bones of a Hogge or
Sow well burnt, beaten, and
searced through a fine searce, and
after grounde vpon a porphire or
serpentine stone is an excellent
fucus, being laid on with the oyle
of white poppey.

8. A delicate washing bll.

TAke three ounces of Orace,
halfe an ounce of Cypres, two
ounces of Calamus Aromaticus,
one ounce of Rose leaues, two
ounces of lauender flowers, beat
all these together in a mortar, sear-
cing them through a fine searce,
then

Ointments, beauties, &c.

then scrape some castill sope, and
dissolute it with some Rosewater,
then incorporat all your powders
therewith by labouring of them
well in a mortar.

9. Damaske powder.

Ake fiue ounces of orace, two
ounces of Cipres, two ounces
of Calamus, halfe an ounce of
Cloues, one ounce of Beniamin,
one ounce of Rose leaues, one
ounce of Storax calamitum, halfe
an ounce of Spike flowers, mixe
them well together.

10. To keepe the teeth both white and
sound.

Ake a quart of hony, as much
Vinegar, and halfe so much
white wine, boyle them together
and wash your teeth therwith now
and then.

11 To

Platt, Sir H.

Sweet powders,

II. To delay heat, and cleare
the face.

TAke three pintes of conduit water, boyle therein two ounces of French barley, change your water, and put in the barley again: repeate this so long, till your wa-
ter purchase no colour from the Barley, but become verie cleare: boyle the last three pintes to a quart, then mixe halfe a pinte of white wine therein, and when it is cold, wring the iuyce of two or three good Lemmons therein, & vse the same for the Morphewe, heate of the face or hands, and to cleere the skinne.

12. Skinne kept white
and cleare.

Wash the face and body of a sucking child with breast milke, or Cowe milke, or mixed with

Ointments, beauties, &c.

with water, euerie night, and the
childe's skinne will wax faire and
cleare, and resist sunburning.

13. An excellent Pomatum to clear
the skinne.

Wash Barrowes grete often
times in May dewe that
hath bin clarified in the sun, till it
bee exceeding white, then take
Marshmallow rootes scraping off
the outsides, then make thin sli-
ces of them and mixe them, set
them to macerate in a seething
balneo, and scumme it well till it
bee throughly clarified and will
come to roap, then straine it, and
put now and then a spoonesfull of
May-dewe therein, beating it till
it be through cold in often chage
of May-dew, then throw away that
dewe, and put it in a glasse cou-
ring it with May-dewe, and so re-
serue it to your vse. Let the mal-
low

PLATE, SIT H.

Sweet powders.

Iowe rootes be two or three daies
dryed in the shade before you vse
them. This I had of a great profeſſor
of Arte, and for a rare and
dainty ſecret, as the beſt fucus
this day in vſe.

*14. Another minerall fucus for
the ſice.*

Incorporate vwith a wooden
peſtle and in a wooden mortar
with great labour foure ounces
of ſublimate, and one ounce of
crude Mercury at the leaſt ſixe or
eight houres (you cannot beſtowe
too much labor herein) then with
often change of colde water by
ablution in a glasse, take awaie the
ſalts from the ſublimate, change
your water twise euery day at the
leaſt, and in ſeven or eight daies
(the more the better) it will bee
culcified, and then it is prepared.
Lay it on with the oyle of white
poppey.

To

Ointments, beauties, &c.

15. To take away chilblaines out of the
hands or feete.

B oyle halfe a pecke of Oates in
Ba quart of water, till they waxe
drie, then hauing first annoiected
your handes with some good Po-
matum & well chafed them, hold
them within the oates as hotte as
you may well suffer them, coue-
ring the bowle wherein you put
your handes with a double cloth
to keep in the steame of the oats.
Do this three or four times, and
you shal finde the effect. The same
Oates will serue to bee sodden
with freshe water three or four
times.

*red ase faged
or pimed*

16. To helpe a face that is red
or pimpled.

D issolve common saltē in the
Juice of Lemmons, and with a
linnen

Sweete powders,

linnen cloth, pat the patients face
that is full of heate or pimples. It
cureth in a few dressings.

17. Alter.

Take of those little whelkes or
shels which some do call gyny
money, wash five or sixe of them, &
beate them to fine powder, and
infuse the iuyce of Lemmons vp
on them, & it will presently boyl:
but if it offer to boyle out of your
glasse, then stop the mouth ther
of with your finger, or blow into
it. This will in a short time bee
like an ointment, with which you
must anoint the heate or pimples
of the face often times in a daye
till you find helpe. As the ointment
dryeth put more iuyce of Lem
mons to it. This is of an outlandish
Gentlewoman, and it is an assured
remedy if the heate bee not very
extreme. Some haue found by ex
perience

Ointments, beauties.

perience, that bathing of the face
with hote vinegar euery night
when they go to bed doth migh-
tily repell the humour.

18. Aliter.

QVilt baye salte well dried and
powdered, in double linnen
sockes of a prettie bignesse, let the
patient weare them in wide hote
and shooes day and night, by the
space of fourteene dayes, or till he
bewell : euery morning and eue-
ning let him drie his sockes by
the fire and put them on againe.
This helped M. Foster an Essex man
and an Attorney of the Common
pleas within these few yeares, but
now deceased, whos face was for
many yeares together of an ex-
ceedinge highe and firy colour,
of my owne knowledge, and had
spent much money in Physicke
without anie successe at all, vntill

H

be

Sweet powders.

he obtained his remedie. The patient must not take any wet of his feete during the cure.

19. Alter & opime.

Take halfe a pound of white distilled vinegar, two newe laid Egges with their shelles, two spoonfuls of the flowers of brimstone, let these macerate in the vinegar by the space of three dayes: then take out the Egges, and pricke them ful of holes with a needle, but not too deepe, least any of the yolke shoulde happen also to issue, let that liquor also mixe with the vinegar, then straine all through a fine cloath, and tye vp the brimstone in the cloth like a little ball, dippe this ball in the strained liquor, when you vse it, and pat it on the place three or four times euerie daye, and

Ointments, poulties.

and this will cure any red face in
twelue or fourteene dayes. Some
do also commende the same for
an approued remedie against the
morphew; the brimstone bal must
be kept in some close thing from
the ayre.

20. How to take away any pimple from
the face.

Brimstone ground with the oy
of Turpentine, and applied to
any pimple one houre, maketh
the flesh to rise spungeous, which
being annoyncted with the thicke
oyle of butter that ariseth in the
morning from new milke sodden
a little ouer night, will heale and
scale away in a fewe daies, leauing
a faire skinne behinde. This is
a good skinning salve.

Henry VIII. 31. To
cure warts.

.Sweet powders.

21. To helpe any Morphew, sunburning, icch, or red face.

Steape two sliced Lemmons being large and faire in a pinte of Conduit water, leauue them squire or fve daies in infusion couering the water, then straine the water, and dissolve therein the quantitie of a hasell nut of sublimate (some hold a dramme a good proportion to a pinte of water) finely powdered: let the patient wet a cloth therein, and rub the place where the griefe is every morninge and euening a little, till the hew doe please her: you may make the same strogger or weaker according to good discretion.

22. For the Morphew.

Take a pinte of distilled vinegar, laie therein two newe laid egges

Osinmentis, beauties, &c.

egges whole with their shelles,
three yellowe Dacke rootes pic-
ked and sliced, two spoonefulls of
the flowers of brimstone, and so
let all rest three daies, and then
use this liquor with a cloth, rub-
bing the place three or 4. times
euerie daye, and in three or foure
dayes it commonly helpeth: put
some bran in your cloth before
you moisten your cloth therein,
binding it vp in forme of a little
ball. This of Maister Rich of Lee,
who helped himselfe and a gallant
Ladie therewith in a few dayes.

*23. To take away the freckles in
the face.*

Wash your face in the wane
of the moon with a spunge,
morninge and euening with the
distilled water of elder leaues,
leettinge the same drie into the
skinne. Your water must bee di-
luted

Sweete powders.

stilled in Maie. This is of a Traualler, who hath cured himselfe thereby.

24. To cure any extreme bruise vpon a
sure fall, or the face, or any other me-
ber of the body.

Presently after the fall make a
greate fire, and applie hote
cloathes one after another with-
out intermission, the patient sta-
ding neere the fire for one houre
and a halfe, or till the swelling be
cleane abated. This I knewe pro-
ued with good successe in a maid
that fell downe a paire of staires,
whereby all her face was extreme-
ly disfigured. Some holde opini-
on that the same may bee per-
fourmed with clothes wet in hote
water and wroonge out againe
before application. Then to take
away the chaungeable colours,
which doe accustomablelie followe
all bruises, shred the roote of a
greene

Ointments, beauties, &c.

greene or growing flower deluce, beate it with red rose water, and grinde it till it come to a salue, apply the same, & in a fewe houres it taketh away all the colours: but if it lie too long it will rayse pimplles, and therefore so soone as the colours be vanished, immediately remoue the salue.

25. How to keepe the teeth cleane.

Alcine the tops and branches of Rosemarie into ashes, and to one part thereof, put one part of burnt allome, mixe them well together, and with thy finger first moistened a little with thy spettle, rubbe all thy teeth ouer a pretrie while euerie morning till they be cleane, but not to galling of thy gums, then sup vp some fair water or white wine, gargling the sae vp & down thy mouth a while, & then

Sweete powders.

drie thy mouth with a towel. This
of an honest Gentleman and a
painefull gatherer of physicall re-
ceits.

26. Sweet and delicate dentifrices or
Rubbers for the teeth.

Dissolve in fourre ounces of
warme water, three or fourre
drannimes of gumme Dragant,
and in one night this will become
a thicke substance like gellie,
mingle the same with the powder
of Alabaster finely grounde and
seareed, then make vp this sub-
stance into little round rolles, of
the bignesse of a childe's arrowe,
& fourre or five inches in length.
Also if you temper Roset or some
other colour (that is not hurtful)
with them, they will shew ful of
pleasing veines. These you may
sweeten either with Rosewater,
Ciuer, or muske. But if your teeth
bee

Uintments, beanties, &c.

be verie scaly, let some exper
barbar first take off the scales with
his instrument, and then you may
keepe them cleane by rubbing
them with the aforesaide rolles.
And heere, by those miserable ex-
periences that I haue seene in
some of my neerest friendes, I am
inforced to admonish all Gentle-
women to be carefull howe they
luffer their teeth to bee cleansed
and made white with anie *Aqua*
fortis, which is the Barbars vsuall
water: for vnlesse the same be both
well delayed, and caretullie appli-
ed, shee may happen within a fewe
dressings to be forced to borrow
a ranke of teeth to eate her din-
ner, vnlesse her gums do helpe her
the better.

27. A delicate stone to sweat in.

I know that many Gentlewomen
as well for the clearing of their
skins

Sweete powders.

skins as cleansing of their bodies, do now and then delight to sweat. For the which purpose I haue set downe this manner following, as the best that euer I obserued. Put into a brasse pot of some good content, such proportion of sweet hearbes, and of such kind as shall bee most appropriate for your infirmitie, with some reasonable quantitie of water, close the same with an apt couer, and well luted with some paste made of flower and whites of Egges: at some parte of the couer you must let in a leaden pipe (the entraunce whereof must also bee well luted) this pipe must bee conueyed thorough the side of the Chimney, where the pot standeth in a thicke hollow stake, of a bathing tubb crossed with hoopes according to the vsual manner in the top, which you may couer with a sheete at your pleasure. Nowe the steame of the pot passing thorough the pipe

Ointments, beanties, &c.

pipe vnder the false bottome of
the bathing tub, which must bee
boared full of bigge holes, will
breath so sweete and warme ava-
pour vpon your bodie; as that (re-
ceiling aire by holding your head
without the tub as you sit therin)
you shall sweat most temperately,
and continue the same a longe
time without fainting. And this is
performed with a small charcoale
fire maintained vnder the pot for
this purpose. Note that the room
would be close wherein you place
your bathing tub, least any sodain
cold should happen to offend you
whilst your bodie is made open
and porous to the aire.

28. Divers sorts of sweet or hand waters
made sodainly or extempore, with the
extracted oyles of splices.

First you shall vnderstande that
whensoeuer you shall drawe
any

Sweete powders.

any of the aforesaid oyles of Cynamon, Cloues, Mace, Nutmegs or such like, that you shall haue also a pottle, or a gallon more or lesse, according to the quantity which you drawe at once, of excellent sweete washing water for your table, yea some do keepe the same for their broths, wherein otherwise they should vise some of the same kind of spice. But if you take three or foure drops onely of the oyle of Cloues, Mace, or Nutmegs (for Cynamon oyle is too costly to spend this way) and mingle the same with a pinte of faire water, making agitation of them a prettie while together in a glasse hauing a narrowe mouth, till they haue in some measure incorporated themselues together, you shall find a verie pleasing and delightfull water to wash with, and so you may alwayes furnish your selfe of sweete water of seuerall kindes, before such time as your guests shal bee

Oinements, beauties, &c.

bee readie to sit downe. I speake not here of the oile of spike, which will extend verie farre this waye, both because euerie gentlewoman doth not like so stronge a sent, and for that the same is elswhere alreadē commended by another Author. Yet I must needes acknowledge it to be the cheaper way, for that I assure my selfe there may be fife or six gallons of sweete wa-
ter made with one ounce of the
oile, which you may buy ordina-
rily for a groate at the most.

29. An excellente sweet water for a ca-
fing bottle.

Take three drams of oile of Spike, one dramme of oyle of Thyme, one dram of oyle of Lemmons, one dram of oile of cloues, then take one graine of Ciuer, and three graines of the aforesaid composition well wrought toge-
ther,

Sweet powders.

ther. Temper them well in a siluer spoone with your finger, then put the same into a siluer boll, washing it out by little and little into the boll with a little Rosewater at once, til all the oyle be washed out of the spoone into the boule, and then doe the like by washing the same out of the boule with a little Rosewater at once, till all the sent be gotten out, putting the Rosewater still in a glasse, when you haue tempered the same in the boule sufficiently. A pinte of Rosewater will bee sufficient to mingle with the said proportion : and if you finde the same not stronge enough of the ciuet, then you may to euery pinte put one graine and a halfe, or two graines of ciuet to the weight of three graines of the aforesaide composition of oyles.

30. To colour a blacke haire presently into a Chesnut colour.

This

Ointments, beauties, &c.

This is done with oyle of Vitrioll, but you must doe it verie caretully not touching the skin.

31. A present and delicate perfume.

Lay two or three droppes of liquid Amber vpon a glowing coale, or a peece of lignum aloes, lignum Rhodium, or storax.

32. To renew the sent of a Pomander.

Take one graine of ciuet, and two of muske, or if you double the proportion it will bee so much the sweeter, grind them vpon a stone with a little Rosewater, and after wetting your hands with Rosewater, you may worke the same in your Pomander. This is a sleight to passe away an olde Pomander, but my intention is honest.

3. How

33. How to gather and clarifie
May-dewe.

VVhen there hath fallen no
rain the night before, the
with a cleane and large sponge,
the next morning you may gather
the same fro sweet hearbs, grasse,
or corne: straine your dewe, and
expose it to the sunne in glasses
couered with papers or parch-
ment prickt full of holes, strain
it often, continuing it in the sun,
and in an hote place till the same
growe white and cleere, which wil
require the best parte of the sum-
mer. Some commend Maydewe
gathered from Fennell and Ce-
landine, to be most excellent for
sore eyes, & some commend the
same (prepared as before) aboue
Rosewater for preseruing of fruits
flowers, &c.

34. Diners

Ointments, beanties, &c.

34. Divers excellent sentes for gloves,
with their proportions and other circum-
stances, with the manner of perfu-
ming.

The Violet, the Orenge, the
Lemmon duely proportioned
with other sentes, performe this
well, so likewise of Labdanum,
Storax, Beniamin. &c.

The manner is this. First lay
your vmbre vpon a few coales till
it begin to cracke like lime, then
let it coole of it selfe, taking away
the coales, then grinde the same
with some yellowe ocre, till you
perceiue a right color for a gloue:
with this mixture wash ouer
your gloue with a little haire-
brush vpon a smooth stone in cue-
rie seame and all ouer, then hang
your gloues to drie vpon a line,
then with gum Dragagant dissol-
ued in some Rosewater, & ground
with a little oyle de Ben, or of
sweete

Sweete powders.

sweet Almonds vpō a stone, strike
auer your gloues in euerie place
with the gum and oyle so ground
together, doe this with a little
spoonge, but bee sure the gloues
be first throughly dry, and the co-
lour well rubbed and beaten out
of the gloue; then let them hange
againe till they be drie, which will
be in a short tyme. Then if you will
haue your gloue to lie smooth and
faire in shewe, goe ouer it againe
with your spoonge, and the mix-
ture of gumme and oyle, and drie
the gloue yet once againe. Then
grinde ypon your stome two or
three graines of good muske, with
halfe a spoonfull of Rosewater,
and with a verie little peece of a
spoonge take vp the composition
by a little and little, and so lay it
vpon your gloue lying vpon the
stone. Picke and straine your gum
Dragagant before you vse it. Per-
fume but the one side of your
gloue at once, and then hang it vp
to

Ointments, beauties, &c.

to drie, and then finish the other side. Tenne graines of muske wil giue a sufficient perfume to eight paire of gloues. Note also that this perfume is done vpon a thin Lambes leather gloue, and if you worke vpon a kids skin or goates skin, which is vsuall leather for rich perfumes, the you must adde more quantitie of the oyle of Ben to your gumme, and go ouer the gloue twise therewith.

35. Sweet bags to lie among linnen.

Fill your bags only with lignum Rhodium finely beaten, and it will giue an excellent sent to your linnen.

36. To make haire of a faire yellowe or golden colour.

The last water that is drawne from honey being of a deepe red colour performeth the same excell-

Sweete powders.

excellently, but the same hath a strong smell, and therefore must be sweetned with some aromatical bodie.

Or else the haire beeing first cleane washed and then moistned a prettie while by a good fire in warme allum water with a spunge, you may moisten the same in a decoctiō of Turmericke, rubarb, or the barke of the Barberie tree, and so it will receiue a most faire and beautifull colour. The Dogs berrie is also an excellent berrie to make a golden liquor withall for this purpose, beate your allum to powder, and when the water is ready to seeth, dissolve it therin: foure ounces to a pottle of wa-
ter will be sufficient, let it boyle a while, straine it, and this is your allom licour wherewith you must first prepare the haire.

37. How to colour the head or beard in
to a chefron colour in halfe an houre.

Take

Ointments, beauties.

TAKE one part of lead calcined
with sulphur, and one parte of
quicke lime, temper them some-
what thin with water, lay it vpon
the haire, chafing it well in, and
let it dry one quarter of an houre
or thereabout, then wash the same
off with faire water divers times,
and lastly, with soape and water,
and it will be a verie naturall haire
colour. The longer it lyeth vpon
the haire the browner it groweth.
This coloureth not the flesh at all,
and yet it lasteth verie long
in the haire. *Sepius*
expertum.

F I N I S.